



Oven Chicken Risotto

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



357 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup arborio rice uncooked (short-grain)
- ☐ 0.3 cup basil fresh shredded
- ☐ 2 tablespoons butter
- ☐ 2.5 cups chicken broth
- ☐ 8 oz mozzarella fresh cut into 1/2-inch cubes
- ☐ 1 cup grape tomatoes halved
- ☐ 0.5 small onion diced
- ☐ 2 cups roasted chicken chopped

☐ 0.5 teaspoon salt

Equipment

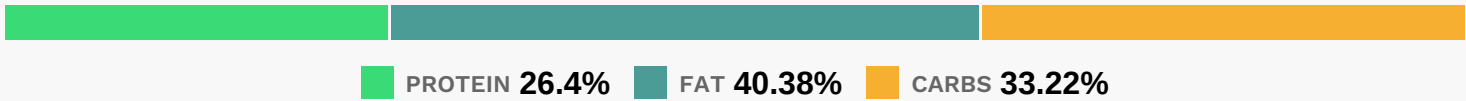
☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Place butter in a 13- x 9-inch baking dish; bake 5 minutes or until melted. Stir in broth and next 3 ingredients.
- ☐ Bake, covered, at 400 for 35 minutes.
- ☐ Remove from oven. Fluff rice with a fork. Stir in chicken, mozzarella, and tomatoes; sprinkle with shredded basil.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:21.48, Inflammation Score:-6, Nutrition Score:13.513478227284%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 357.03kcal (17.85%), Fat: 15.77g (24.26%), Saturated Fat: 8.28g (51.77%), Carbohydrates: 29.18g (9.73%), Net Carbohydrates: 27.84g (10.12%), Sugar: 1.72g (1.91%), Cholesterol: 76.85mg (25.62%), Sodium: 860.92mg (37.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.2g (46.4%), Selenium: 23.41µg (33.44%), Vitamin B3: 5.47mg (27.34%), Phosphorus: 268.32mg (26.83%), Manganese: 0.46mg (22.89%), Folate: 87.63µg (21.91%), Calcium: 208.24mg (20.82%), Vitamin B1: 0.26mg (17.44%), Vitamin B12: 1.02µg (17.08%), Zinc: 2.31mg (15.42%), Vitamin B2: 0.26mg (15.18%), Vitamin B6: 0.29mg (14.54%), Vitamin A: 652.96IU (13.06%), Iron: 2.32mg (12.91%), Vitamin B5: 0.98mg (9.81%), Magnesium: 30.06mg (7.51%), Potassium: 250.03mg (7.14%), Vitamin K: 7.33µg

(6.98%), Copper: 0.14mg (6.82%), Fiber: 1.35g (5.39%), Vitamin C: 4.01mg (4.87%), Vitamin E: 0.36mg (2.42%),
Vitamin D: 0.15µg (1.01%)