



Pistachio and Gorgonzola Risotto



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



356 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup arborio rice (or other medium or short grained rice)
- ☐ 1 tablespoon butter
- ☐ 2 cups chicken stock see (or vegetable broth, warm)
- ☐ 1 clove garlic chopped ()
- ☐ 0.5 cup gorgonzola dolce crumbled ()
- ☐ 0.3 cup pistachios toasted chopped (and)
- ☐ 4 servings salt & pepper to taste
- ☐ 1 onion sweet chopped ()

☐ 0.5 cup cooking wine

Equipment

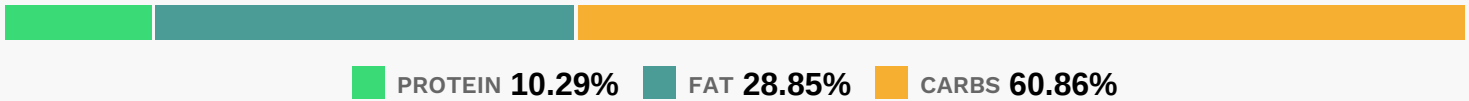
☐ frying pan

☐ sauce pan

Directions

- ☐ Heat butter in large sauce pan.
- ☐ Add the onion and saute until tender, about 5 minutes.
- ☐ Add the garlic and saute until fragrant, about 1 minute.
- ☐ Add the rice and stir to coat with the butter.
- ☐ Add the wine, deglaze the pan and stir while simmering until it is gone.
- ☐ Add 1/2 cup of the stock at a time and stir while simmering until it is gone. Continue until the rice is al dente.
- ☐ Add the gorgonzola and butter and stir until melted.
- ☐ Add the pistachios and serve.

Nutrition Facts



Properties

Glycemic Index:66.75, Glycemic Load:32.5, Inflammation Score:-8, Nutrition Score:12.021304380635%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 12.14mg, Quercetin: 12.14mg, Quercetin: 12.14mg, Quercetin: 12.14mg

Nutrients (% of daily need)

Calories: 355.53kcal (17.78%), Fat: 10.71g (16.48%), Saturated Fat: 4.94g (30.86%), Carbohydrates: 50.84g (16.95%),
Net Carbohydrates: 47.89g (17.41%), Sugar: 6.06g (6.73%), Cholesterol: 18.12mg (6.04%), Sodium: 857.56mg
(37.29%), Alcohol: 3.12g (100%), Alcohol %: 1.29% (100%), Protein: 8.59g (17.18%), Manganese: 0.73mg (36.26%),
Folate: 143.97µg (35.99%), Vitamin B1: 0.39mg (26.04%), Vitamin B6: 0.37mg (18.64%), Phosphorus: 170.16mg
(17.02%), Iron: 2.8mg (15.56%), Selenium: 10.75µg (15.36%), Copper: 0.26mg (13.07%), Vitamin B3: 2.47mg (12.34%),
Fiber: 2.95g (11.81%), Calcium: 105.42mg (10.54%), Vitamin B5: 1.03mg (10.28%), Vitamin A: 478.31IU (9.57%),
Magnesium: 35.06mg (8.77%), Zinc: 1.25mg (8.36%), Potassium: 285.02mg (8.14%), Vitamin B2: 0.12mg (6.81%),
Vitamin C: 4.64mg (5.62%), Vitamin B12: 0.18µg (2.97%), Vitamin E: 0.31mg (2.07%)