



Pistachio Risotto With Saffron

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



314 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.8 cups arborio rice uncooked
- ☐ 5 cups chicken broth
- ☐ 1 cup parmesan cheese freshly grated
- ☐ 3 tablespoons pistachios coarsely chopped
- ☐ 1 teaspoon saffron threads
- ☐ 0.3 cup butter unsalted
- ☐ 1 cup vermouth dry white
- ☐ 1 medium size onion yellow chopped

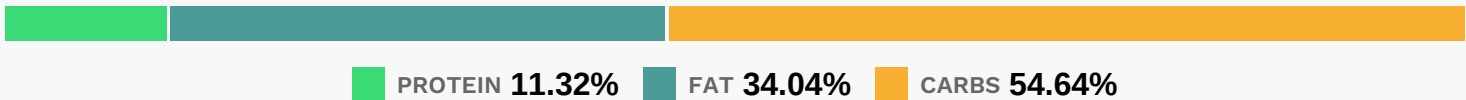
Equipment

☐ frying pan

Directions

- ☐ Melt butter in a large skillet over medium-high heat; add onion, and saut 5 minutes.
- ☐ Add saffron, and saut 1 minute.
- ☐ Add rice, and cook, stirring constantly, 2 minutes. Reduce heat to medium; add vermouth and 2 cups broth. Cook, stirring constantly, until liquid is absorbed.
- ☐ Repeat procedure with remaining broth, 1/2 cup at a time. (Cooking time is 30 to 45 minutes.)
- ☐ Remove from heat, stir in cheese and pistachios.
- ☐ *1 cup chicken broth may be substituted for vermouth.

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:27.77, Inflammation Score:-6, Nutrition Score:9.3356522529022%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 314.27kcal (15.71%), Fat: 11.08g (17.05%), Saturated Fat: 5.82g (36.4%), Carbohydrates: 40.02g (13.34%), Net Carbohydrates: 38.27g (13.92%), Sugar: 1.44g (1.6%), Cholesterol: 29.06mg (9.69%), Sodium: 765.47mg (33.28%), Alcohol: 2.85g (100%), Alcohol %: 1.41% (100%), Protein: 8.29g (16.58%), Manganese: 0.59mg (29.36%), Folate: 106.08µg (26.52%), Vitamin B1: 0.31mg (20.84%), Selenium: 11.91µg (17.01%), Phosphorus: 146.19mg (14.62%), Calcium: 125.52mg (12.55%), Iron: 2.15mg (11.95%), Vitamin B3: 2.19mg (10.93%), Vitamin B2: 0.16mg (9.5%), Zinc: 1.22mg (8.11%), Copper: 0.16mg (8.1%), Vitamin B6: 0.15mg (7.48%), Fiber: 1.75g (7%), Vitamin B5: 0.66mg (6.56%),

Vitamin A: 300.35IU (6.01%), Magnesium: 20.86mg (5.21%), Potassium: 133.51mg (3.81%), Vitamin B12: 0.21µg (3.5%), Vitamin E: 0.35mg (2.36%), Vitamin C: 1.19mg (1.44%), Vitamin D: 0.17µg (1.13%)