



Potato Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



168 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 teaspoon rosemary leaves or dried fresh minced chopped
- ☐ 1 tablespoon thyme leaves dried fresh minced
- ☐ 1 teaspoon garlic minced
- ☐ 8 servings salt and pepper
- ☐ 1 tablespoon shallots minced
- ☐ 1.5 cups vegetable broth
- ☐ 0.5 cup whipping cream

☐ 2 pounds yukon gold potatoes

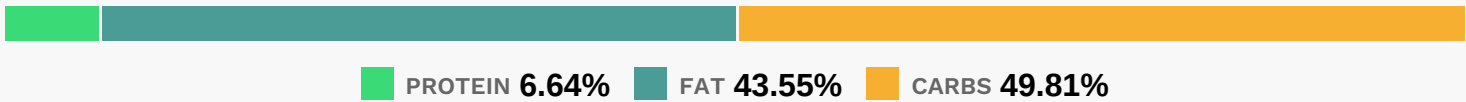
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Peel potatoes and cut into 1/4-inch cubes; put in a large bowl and cover with water.
- ☐ In a 5- to 6-quart pan over medium heat, melt butter.
- ☐ Add shallots and garlic and stir until shallots are limp, about 1 minute.
- ☐ Drain potatoes and add to pan, along with thyme and rosemary. Stir often until potatoes appear slightly translucent, about 8 minutes.
- ☐ Add broth and stir often until potatoes are tender to bite and have absorbed most of the liquid, 12 to 15 minutes.
- ☐ Add cream and stir often until almost all is absorbed, 2 to 4 minutes.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:29.22, Glycemic Load:14.88, Inflammation Score:-8, Nutrition Score:6.8404348142769%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 167.62kcal (8.38%), Fat: 8.31g (12.78%), Saturated Fat: 4.04g (25.25%), Carbohydrates: 21.38g (7.13%), Net Carbohydrates: 18.71g (6.8%), Sugar: 1.8g (2%), Cholesterol: 16.81mg (5.6%), Sodium: 414.16mg (18.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.7%), Vitamin C: 24.06mg (29.16%), Vitamin B6: 0.35mg (17.6%), Potassium: 504.14mg (14.4%), Fiber: 2.67g (10.67%), Manganese: 0.2mg (9.96%), Vitamin A: 482IU (9.64%),

Phosphorus: 76.33mg (7.63%), Magnesium: 29mg (7.25%), Copper: 0.13mg (6.57%), Vitamin B1: 0.1mg (6.4%),
Vitamin B3: 1.23mg (6.13%), Iron: 1.08mg (5.98%), Folate: 19.62µg (4.9%), Vitamin B2: 0.07mg (4.14%), Vitamin B5:
0.39mg (3.86%), Calcium: 29.32mg (2.93%), Zinc: 0.39mg (2.6%), Vitamin K: 2.65µg (2.52%), Vitamin E: 0.26mg
(1.72%), Vitamin D: 0.24µg (1.59%), Selenium: 0.86µg (1.22%)