



Prosecco and Parmesan Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



312 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 tablespoons butter
- ☐ 1 teaspoon thyme leaves fresh
- ☐ 3 garlic cloves minced
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 3 cups lower-sodium chicken broth fat-free
- ☐ 2 ounces parmigiano-reggiano cheese fresh divided
- ☐ 0.7 cup shallots finely chopped

- ☐ 1.3 cups carnaroli medium-grain uncooked
- ☐ 1 cup prosecco divided

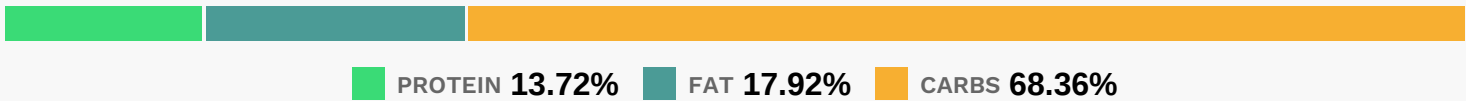
Equipment

- ☐ pressure cooker

Directions

- ☐ Heat a 6-quart pressure cooker over medium-high heat.
- ☐ Add butter to cooker; swirl until butter melts.
- ☐ Add shallots; saut 2 minutes.
- ☐ Add garlic; saut for 30 seconds, stirring constantly.
- ☐ Add rice; cook 1 minute, stirring constantly.
- ☐ Add 1/2 cup prosecco; cook 1 minute or until liquid is absorbed, stirring constantly. Stir in remaining 1/2 cup prosecco and broth. Close lid securely; bring to high pressure over high heat. Adjust heat to medium or level needed to maintain high pressure; cook 8 minutes.
- ☐ Remove from heat; release pressure through steam vent, or place cooker under cold running water to release pressure.
- ☐ Remove lid. Grate 1 3/4 ounces cheese; stir in grated cheese and remaining ingredients.
- ☐ Let stand 4 minutes to thicken. Shave remaining 1/4 ounce cheese, and top with shavings.

Nutrition Facts



Properties

Glycemic Index:51.83, Glycemic Load:34.39, Inflammation Score:-7, Nutrition Score:10.343478179496%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.01mg,

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 312.44kcal (15.62%), Fat: 5.6g (8.61%), Saturated Fat: 3.43g (21.45%), Carbohydrates: 48.03g (16.01%), Net Carbohydrates: 45.6g (16.58%), Sugar: 2.55g (2.84%), Cholesterol: 13.95mg (4.65%), Sodium: 399.88mg (17.39%), Alcohol: 4.12g (100%), Alcohol %: 2.06% (100%), Protein: 9.64g (19.28%), Manganese: 0.71mg (35.6%), Folate: 131.78µg (32.95%), Vitamin B1: 0.32mg (21.47%), Iron: 2.82mg (15.66%), Selenium: 10.67µg (15.25%), Phosphorus: 142.14mg (14.21%), Calcium: 132.29mg (13.23%), Potassium: 415.11mg (11.86%), Vitamin B3: 2.3mg (11.52%), Vitamin B6: 0.23mg (11.48%), Fiber: 2.43g (9.72%), Vitamin B5: 0.83mg (8.3%), Copper: 0.15mg (7.29%), Zinc: 1.02mg (6.8%), Magnesium: 26.92mg (6.73%), Vitamin B2: 0.07mg (4.27%), Vitamin C: 3.32mg (4.02%), Vitamin A: 178.83IU (3.58%), Vitamin B12: 0.12µg (1.99%)