



Quick Risotto

READY IN



45 min.

SERVINGS



6

CALORIES



376 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 servings bell pepper black
- ☐ 1 cup cream of mushroom soup
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 teaspoon herbs de provence dried
- ☐ 1 cup milk
- ☐ 1 small onion finely chopped
- ☐ 1 pound orzo pasta
- ☐ 0.3 cup parmesan shredded
- ☐ 1 tablespoon butter unsalted

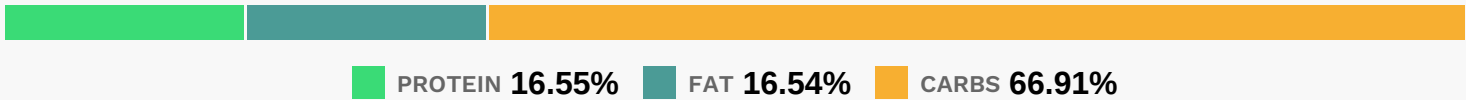
Equipment

- ☐ whisk
- ☐ pot
- ☐ colander

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add orzo and cook until al dente, according to package directions.
- ☐ Drain well in a colander.
- ☐ In same pot, melt butter over medium heat, add onion and herbes de Provence, and cook, stirring, until softened, about 4 minutes.
- ☐ Whisk in soup and milk. Stir in cooked orzo and parsley.
- ☐ Serve with Parmesan cheese and season with pepper.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:23.75, Inflammation Score:-6, Nutrition Score:15.399999717008%

Flavonoids

Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 375.58kcal (18.78%), Fat: 6.83g (10.51%), Saturated Fat: 3.6g (22.47%), Carbohydrates: 62.18g (20.73%), Net Carbohydrates: 59.29g (21.56%), Sugar: 4.55g (5.05%), Cholesterol: 15.77mg (5.26%), Sodium: 409.47mg (17.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.38g (30.77%), Selenium: 49.9µg (71.28%), Vitamin K: 58.19µg (55.42%), Manganese: 0.87mg (43.42%), Phosphorus: 241.06mg (24.11%), Copper: 0.32mg (15.87%), Calcium: 144.79mg (14.48%), Magnesium: 53.75mg (13.44%), Zinc: 1.92mg (12.78%), Fiber: 2.9g (11.59%), Iron: 1.77mg

(9.83%), Potassium: 326.36mg (9.32%), Vitamin A: 455.49IU (9.11%), Vitamin B2: 0.15mg (9.01%), Vitamin B3: 1.79mg (8.94%), Vitamin B6: 0.17mg (8.61%), Vitamin B1: 0.11mg (7.38%), Vitamin C: 5.38mg (6.52%), Folate: 24.76µg (6.19%), Vitamin B5: 0.61mg (6.14%), Vitamin B12: 0.36µg (5.96%), Vitamin D: 0.51µg (3.4%), Vitamin E: 0.21mg (1.4%)