



Quick tomato risotto



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



476 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 250 g arborio rice
- ☐ 1 onion finely chopped
- ☐ 50 g butter
- ☐ 250 ml vegetable stock
- ☐ 500 ml passata
- ☐ 500 g cherry tomatoes
- ☐ 100 g mozzarella cheese drained cut into large chunks
- ☐ 4 servings basil shredded grated (or vegetarian alternative)

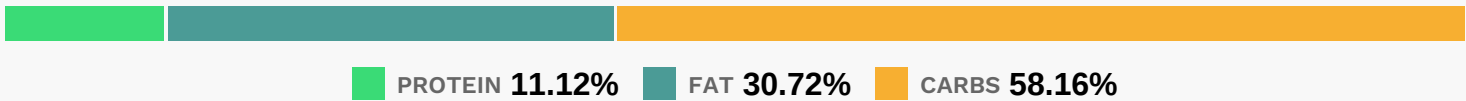
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Tip the rice, onion and half the butter into a large microwave-proof bowl. Cover and cook in the microwave on High for 3 mins. Stir in the stock and passata, then continue to cook, uncovered, for 10 mins. Give it a good stir and mix in the tomatoes and mozzarella. Microwave on High for a further 8 mins until the rice is cooked and the tomatoes have softened.
- ☐ Leave the risotto to relax for a few mins, then stir in the remaining butter, parmesan and basil. Season to taste and serve straight from the bowl.

Nutrition Facts



Properties

Glycemic Index:75.25, Glycemic Load:40.22, Inflammation Score:-9, Nutrition Score:24.550000063751%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.9mg, Quercetin: 11.9mg, Quercetin: 11.9mg, Quercetin: 11.9mg

Nutrients (% of daily need)

Calories: 475.63kcal (23.78%), Fat: 16.51g (25.39%), Saturated Fat: 9.87g (61.69%), Carbohydrates: 70.31g (23.44%), Net Carbohydrates: 64.68g (23.52%), Sugar: 11.46g (12.73%), Cholesterol: 46.63mg (15.54%), Sodium: 537.99mg (23.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.44g (26.89%), Vitamin C: 44.9mg (54.42%), Manganese: 1.07mg (53.43%), Folate: 183.86µg (45.97%), Vitamin A: 2004.55IU (40.09%), Iron: 6.08mg (33.77%), Copper: 0.63mg (31.26%), Vitamin B1: 0.45mg (30.17%), Potassium: 967.91mg (27.65%), Vitamin B3: 5.25mg (26.27%), Phosphorus: 247.8mg (24.78%), Vitamin E: 3.66mg (24.41%), Fiber: 5.63g (22.54%), Selenium: 15.51µg (22.15%), Vitamin B6: 0.42mg (20.89%), Calcium: 178.52mg (17.85%), Vitamin K: 17.85µg (17%), Vitamin B5: 1.63mg (16.34%), Magnesium: 65.28mg (16.32%), Vitamin B2: 0.25mg (14.54%), Zinc: 2.14mg (14.28%), Vitamin B12: 0.59µg (9.85%)