



Risotto

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



189 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

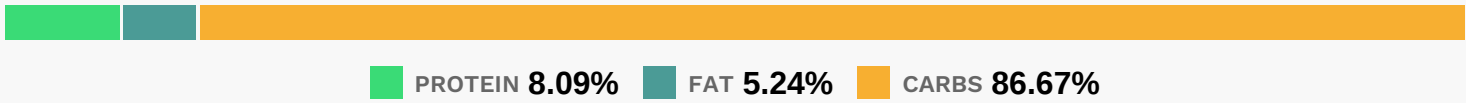
- ☐ 1 serving fontina shredded
- ☐ 1 serving slivers of poultry cooked thin
- ☐ 1 serving risotto prepared

Equipment

Directions

- ☐
- Prepare risotto (from a mix or recipe). When rice is just cooked, add thin slivers of cooked poultry, pork, beef, or lamb and mix.
- ☐
- Sprinkle shredded parmesan or fontina cheese on portions.

Nutrition Facts



Properties

Glycemic Index:119, Glycemic Load:31.32, Inflammation Score:-4, Nutrition Score:6.579565215208%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 188.68kcal (9.43%), Fat: 1.07g (1.65%), Saturated Fat: 0.3g (1.88%), Carbohydrates: 39.81g (13.27%), Net Carbohydrates: 38.28g (13.92%), Sugar: 0.06g (0.07%), Cholesterol: 1.16mg (0.39%), Sodium: 8.51mg (0.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.44%), Folate: 116µg (29%), Manganese: 0.54mg (27.07%), Vitamin B1: 0.28mg (18.98%), Iron: 2.15mg (11.97%), Selenium: 7.74µg (11.05%), Vitamin B3: 2.09mg (10.47%), Vitamin B5: 0.65mg (6.52%), Fiber: 1.52g (6.1%), Copper: 0.12mg (5.78%), Phosphorus: 55.77mg (5.58%), Vitamin B6: 0.09mg (4.39%), Zinc: 0.62mg (4.11%), Magnesium: 14.34mg (3.59%), Vitamin B2: 0.04mg (2.2%), Vitamin E: 0.26mg (1.72%), Potassium: 45.97mg (1.31%)