



Risotto al Cabernet

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



2082 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups arborio rice
- ☐ 1 cup wine for garnish
- ☐ 12 cups chicken stock see low-sodium, canned (if)
- ☐ 1 cup cooking wine dry white
- ☐ 0.3 cup olive oil
- ☐ 1 cup onion minced
- ☐ 1 cup parmigiano grated for garnish plus a bit more
- ☐ 4 servings salt and pepper black to taste

☐ 3 tablespoons butter unsalted

Equipment

☐ bowl

☐ frying pan

☐ sauce pan

Directions

☐ Bring chicken stock to a boil in a large saucepan; reduce to a simmer and keep warm while preparing risotto.

☐ Heat olive oil in a 4-quart saucepan.

☐ Add onion and a pinch of salt and saute over medium-low heat until it is soft and translucent but not at all browned.

☐ Add rice and continue to saute, coating rice with the oil, until grains are lightly toasted, about 4 to 6 minutes. Adjust heat as necessary to keep pan temperature relatively constant.

☐ Add white wine and stir until it is almost completely absorbed.

☐ Begin adding simmering stock to rice, 1 ladleful at a time, stirring the rice constantly and continuing to cook at a constant low simmer.

☐ Add more stock each time the last addition is nearly, but not completely, absorbed.

☐ About 15 minutes after you begin adding stock, test rice by biting into a grain. It is done when it is almost cooked but still al dente, you should be able to feel a little bite in the middle of the grain, but it should not taste uncooked or gritty. Don't worry if you have not used all the stock.

☐ Remove risotto from heat and stir in butter, Parmesan and 1 cup of Cabernet wine until butter and cheese are melted. Adjust seasoning as necessary with salt and pepper.

☐ Transfer to a platter or individual shallow bowls.

☐ Garnish with a drizzle of the wine and some grated Parmesan.

☐ Serve immediately.

Nutrition Facts



 PROTEIN 36.07%  FAT 36.71%  CARBS 27.22%

Properties

Glycemic Index:37.75, Glycemic Load:95.19, Inflammation Score:-10, Nutrition Score:53.156521931939%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.78mg, Malvidin: 15.78mg, Malvidin: 15.78mg, Malvidin: 15.78mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 5.08mg, Catechin: 5.08mg, Catechin: 5.08mg, Catechin: 5.08mg Epicatechin: 6.73mg, Epicatechin: 6.73mg, Epicatechin: 6.73mg, Epicatechin: 6.73mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 8.49mg, Quercetin: 8.49mg, Quercetin: 8.49mg, Quercetin: 8.49mg

Nutrients (% of daily need)

Calories: 2082.38kcal (104.12%), Fat: 79.11g (121.71%), Saturated Fat: 25.42g (158.9%), Carbohydrates: 131.93g (43.98%), Net Carbohydrates: 127.05g (46.2%), Sugar: 2.48g (2.75%), Cholesterol: 347.08mg (115.69%), Sodium: 3566.12mg (155.05%), Alcohol: 12.48g (100%), Alcohol %: 1.62% (100%), Protein: 174.9g (349.79%), Selenium: 141.8µg (202.57%), Phosphorus: 1281.87mg (128.19%), Zinc: 17.86mg (119.08%), Vitamin B12: 6.47µg (107.8%), Vitamin B3: 21.11mg (105.56%), Folate: 369.07µg (92.27%), Manganese: 1.68mg (84.16%), Iron: 14.87mg (82.61%), Vitamin B6: 1.53mg (76.3%), Vitamin B1: 0.88mg (58.61%), Vitamin B2: 0.79mg (46.67%), Magnesium: 172.57mg (43.14%), Calcium: 403.98mg (40.4%), Potassium: 1181.65mg (33.76%), Copper: 0.65mg (32.52%), Vitamin A: 1547IU (30.94%), Vitamin E: 4.22mg (28.12%), Vitamin K: 23.83µg (22.7%), Vitamin B5: 2.13mg (21.31%), Fiber: 4.88g (19.52%), Vitamin D: 0.9µg (5.98%), Vitamin C: 2.96mg (3.59%)