



## Risotto alla Milanese

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



856 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 1.8 cups arborio rice uncooked
- ☐ 3 tablespoons beef marrow
- ☐ 1.5 quarts beef stock
- ☐ 0.8 cup cooking wine dry white
- ☐ 1 onion thinly sliced
- ☐ 1.5 cups parmesan cheese grated
- ☐ 1 teaspoon saffron powder
- ☐ 4 servings salt to taste

☐ 0.5 cup butter    unsalted divided

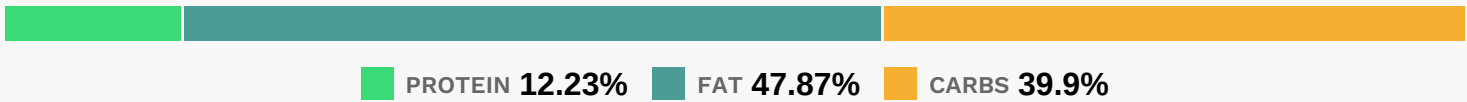
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ slotted spoon

Directions

- ☐ Melt half of the butter in a medium saucepan over low heat. Simmer the onion and beef marrow in the butter for about 10 minutes. When the onion is soft, remove the onion and marrow from the pan using a slotted spoon, and set aside. (I like to leave the onions in.)
- ☐ Saute the rice in the pan over medium heat for 5 to 7 minutes, or until lightly toasted. Stir constantly so the rice will not stick and burn. Stir in one ladle of beef stock, and keep stirring until it is mostly absorbed, ladling and stirring in more of the broth as well as the white wine in the same manner, until the rice is almost al dente. Stir in the saffron, remaining butter, and 3/4 cup of Parmesan cheese. Turn off the heat, cover and let sit for 4 or 5 minutes.
- ☐ Serve as a bed for ossibuchi or by itself with as much of the remaining Parmesan cheese sprinkled over as you like.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:55.53, Inflammation Score:-9, Nutrition Score:23.880869533705%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

5.6mg

Nutrients (% of daily need)

Calories: 855.85kcal (42.79%), Fat: 43.68g (67.2%), Saturated Fat: 20.65g (129.04%), Carbohydrates: 81.94g (27.31%), Net Carbohydrates: 79.02g (28.73%), Sugar: 3.56g (3.95%), Cholesterol: 93.63mg (31.21%), Sodium: 1560.09mg (67.83%), Alcohol: 4.64g (100%), Alcohol %: 0.99% (100%), Protein: 25.1g (50.2%), Folate: 218.02µg (54.51%), Manganese: 1.04mg (51.81%), Phosphorus: 465.7mg (46.57%), Selenium: 31.06µg (44.38%), Vitamin B1: 0.64mg (42.83%), Calcium: 379.85mg (37.98%), Vitamin B3: 6.84mg (34.19%), Iron: 5.52mg (30.65%), Vitamin B2: 0.52mg (30.48%), Potassium: 871.41mg (24.9%), Zinc: 3.32mg (22.11%), Vitamin B6: 0.43mg (21.59%), Vitamin A: 1060.77IU (21.22%), Copper: 0.39mg (19.67%), Magnesium: 65.98mg (16.5%), Vitamin B5: 1.33mg (13.33%), Fiber: 2.92g (11.67%), Vitamin B12: 0.55µg (9.24%), Vitamin E: 0.89mg (5.94%), Vitamin D: 0.61µg (4.09%), Vitamin K: 3.27µg (3.11%), Vitamin C: 2.06mg (2.49%)