



Risotto Cakes with Pine Nuts



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



208 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.3 cups arborio rice
- ☐ 0.3 teaspoon pepper black
- ☐ 29 ounce less-sodium chicken broth fat-free canned
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 cups mushrooms sliced
- ☐ 2 tablespoons olive oil divided
- ☐ 1.5 cups onion chopped
- ☐ 2 tablespoons pinenuts toasted

- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups water
- ☐ 0.3 cup cornmeal white

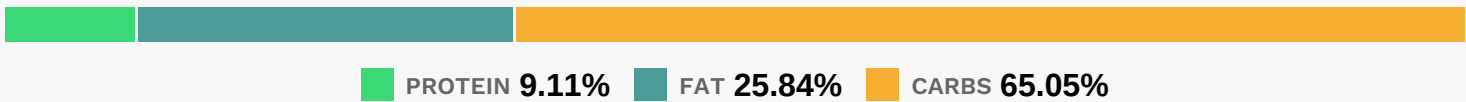
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan

Directions

- ☐ Bring water and broth to a simmer in a medium saucepan (do not boil). Keep warm over low heat.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add the mushrooms and chopped onion, and saut for 5 minutes.
- ☐ Add the rice, and cook for 1 minute, stirring constantly. Stir in 1/2 cup broth mixture, and cook until the liquid is nearly absorbed, stirring constantly.
- ☐ Add the remaining broth mixture, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 20 minutes total).
- ☐ Remove the rice mixture from heat, and stir in the parsley, pine nuts, salt, and pepper.
- ☐ Spread the rice mixture onto a baking sheet, and chill for 20 minutes. Divide mixture into 8 equal portions, shaping each into a 1/2-inch-thick patty. Dredge patties in cornmeal.
- ☐ Heat 1 tablespoon olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add 4 patties, and cook for 4 minutes. Carefully turn patties over; cook for 4 minutes or until thoroughly heated. Repeat the procedure with 1 tablespoon oil and 4 patties.

Nutrition Facts



Properties

Glycemic Index:25.63, Glycemic Load:20.37, Inflammation Score:-5, Nutrition Score:9.9456521609555%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

Nutrients (% of daily need)

Calories: 207.91kcal (10.4%), Fat: 6g (9.23%), Saturated Fat: 0.73g (4.58%), Carbohydrates: 34g (11.33%), Net Carbohydrates: 31.55g (11.47%), Sugar: 2.1g (2.33%), Cholesterol: 0mg (0%), Sodium: 571.18mg (24.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.53%), Manganese: 0.66mg (32.91%), Folate: 87.5µg (21.87%), Vitamin K: 20.1µg (19.15%), Vitamin B1: 0.25mg (16.5%), Vitamin B3: 3.07mg (15.35%), Selenium: 9.38µg (13.41%), Iron: 2.13mg (11.82%), Copper: 0.23mg (11.45%), Vitamin B5: 1.1mg (10.99%), Phosphorus: 103.94mg (10.39%), Fiber: 2.46g (9.82%), Vitamin B2: 0.16mg (9.24%), Vitamin B6: 0.17mg (8.54%), Magnesium: 28.91mg (7.23%), Potassium: 225.41mg (6.44%), Zinc: 0.93mg (6.21%), Vitamin E: 0.78mg (5.19%), Vitamin C: 4.07mg (4.94%), Vitamin B12: 0.22µg (3.59%), Vitamin A: 85.91IU (1.72%), Calcium: 16.69mg (1.67%)