



Risotto con Parmigiano-Reggiano

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



664 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 cups arborio rice
- 2 tablespoons parsley fresh italian chopped
- 4 servings parmesan shaved
- 5 cups chicken broth canned ()
- 1 cup parmesan cheese grated
- 4 tablespoons butter ()
- 1.5 cups onion finely chopped

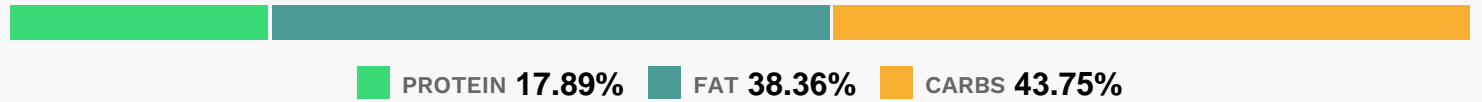
Equipment

- bowl
- sauce pan

Directions

- Bring broth to boil in medium saucepan. Reduce heat to low; cover saucepan.
- Melt 2 tablespoons butter in heavy medium saucepan over medium–low heat.
- Add onion; sauté until very tender but not brown, about 15 minutes. Increase heat to medium.
- Add rice and stir 1 minute.
- Add 1 1/2 cups warm broth. Boil gently until broth is absorbed, stirring frequently.
- Add another 1 cup broth; stir until broth is absorbed.
- Add remaining 2 1/2 cups broth, 1/2 cup at a time, allowing broth to be absorbed before adding more and stirring frequently until rice is tender and mixture is creamy, about 25 minutes. Stir in 2 tablespoons butter and 1 cup grated cheese. Season with salt and pepper.
- Transfer to bowl.
- Sprinkle with parsley and shaved Parmesan.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:48.48, Inflammation Score:-8, Nutrition Score:23.803478235784%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 12.19mg, Quercetin: 12.19mg, Quercetin: 12.19mg, Quercetin: 12.19mg

Nutrients (% of daily need)

Calories: 663.65kcal (33.18%), Fat: 28.34g (43.6%), Saturated Fat: 16.65g (104.09%), Carbohydrates: 72.71g (24.24%), Net Carbohydrates: 69.52g (25.28%), Sugar: 3.21g (3.57%), Cholesterol: 72.25mg (24.08%), Sodium: 1100.89mg (47.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.74g (59.48%), Calcium: 610.17mg (61.02%), Phosphorus: 548.37mg (54.84%), Folate: 191.71µg (47.93%), Manganese: 0.89mg (44.28%), Selenium:

27.27µg (38.95%), Vitamin B3: 7.33mg (36.64%), Vitamin K: 34.96µg (33.29%), Vitamin B1: 0.47mg (31.48%), Iron: 4.4mg (24.46%), Zinc: 3.16mg (21.09%), Vitamin B2: 0.33mg (19.6%), Vitamin A: 970.09IU (19.4%), Copper: 0.35mg (17.7%), Vitamin B12: 1.02µg (16.94%), Vitamin B6: 0.28mg (13.98%), Potassium: 486.34mg (13.9%), Vitamin B5: 1.28mg (12.8%), Fiber: 3.19g (12.74%), Magnesium: 49.43mg (12.36%), Vitamin C: 7.1mg (8.61%), Vitamin E: 0.55mg (3.64%), Vitamin D: 0.28µg (1.83%)