

Risotto Milanese-Style (Risotta alla Milanese)

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



562 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 cup wine dry white
- 6 cups chicken stock low-sodium
- 0.3 cup olive oil
- 0.5 cup onion minced
- 0.8 cup parmesan freshly grated
- 2.5 cups rice
- 0.8 tablespoon saffron threads crumbled
- 6 servings pepper black freshly ground

5 tablespoons butter unsalted

Equipment

sauce pan

Directions

- In a small saucepan, warm the chicken stock. Keep warm.
- In a large saucepan over moderately low heat, warm the olive oil.
- Add the onion and sauté, stirring occasionally, just until tender but before any color appears, about 5 minutes.
- Add the rice and saffron, and toast lightly for 1 minute without letting the rice or onion take on any color.
- Add the wine and cook until almost completely absorbed.
- Add most of the chicken stock (it should come about 1/2 inch above the rice) and bring to a simmer. Cook the risotto, stirring occasionally, until the liquid has been absorbed and the rice is al dente, about 14 minutes. As the rice begins to absorb the liquid, add more as needed.
- Once rice has absorbed almost all the broth, remove from the heat, add the butter and Parmigiano-Reggiano, and stir vigorously for about 1 minute to develop the surface starches. Season to taste with salt and pepper.
- Serve the risotto immediately garnished with a piece of the meat marrow, if desired.

Nutrition Facts



PROTEIN 11.08% **FAT 39.32%** **CARBS 49.6%**

Properties

Glycemic Index:38.7, Glycemic Load:37.71, Inflammation Score:-4, Nutrition Score:11.494347826294%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg,

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 562.28kcal (28.11%), Fat: 23.65g (36.38%), Saturated Fat: 9.86g (61.61%), Carbohydrates: 67.12g (22.37%), Net Carbohydrates: 65.86g (23.95%), Sugar: 1.36g (1.51%), Cholesterol: 33.58mg (11.19%), Sodium: 278.79mg (12.12%), Alcohol: 3.09g (100%), Alcohol %: 1% (100%), Protein: 14.99g (29.98%), Manganese: 0.98mg (48.89%), Phosphorus: 259.05mg (25.91%), Vitamin B3: 4.56mg (22.79%), Selenium: 14.68µg (20.98%), Calcium: 188.4mg (18.84%), Copper: 0.3mg (15.22%), Vitamin E: 1.68mg (11.22%), Potassium: 352.4mg (10.07%), Zinc: 1.49mg (9.95%), Vitamin B6: 0.2mg (9.78%), Vitamin B2: 0.16mg (9.59%), Vitamin B5: 0.88mg (8.82%), Magnesium: 32.53mg (8.13%), Iron: 1.41mg (7.86%), Vitamin A: 391.31IU (7.83%), Vitamin B12: 0.41µg (6.76%), Vitamin K: 6.86µg (6.53%), Fiber: 1.26g (5.06%), Vitamin B1: 0.07mg (4.5%), Folate: 10.47µg (2.62%), Vitamin D: 0.24µg (1.58%), Vitamin C: 1.19mg (1.44%)