



Risotto Stuffed Peppers and Zucchini

READY IN

ready

85 min.

SERVINGS

servings

4

CALORIES

calories

760 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups arborio rice
- ☐ 2 tablespoons butter
- ☐ 4 cups chicken stock see
- ☐ 0.5 cup cooking wine dry white
- ☐ 4 tablespoons evoo plus more for drizzling
- ☐ 4 cloves garlic finely chopped
- ☐ 0.5 juice of lemon
- ☐ 0.5 juice of orange
- ☐ 1 teaspoon lemon zest

- ☐ 0.5 cup a combination of parsley and mint fresh finely chopped
- ☐ 1 medium onion finely chopped
- ☐ 1 teaspoon orange zest
- ☐ 0.5 cup panko bread crumbs homemade
- ☐ 1 cup parmigiano-reggiano grated
- ☐ 2 bell peppers red halved lengthwise seeded
- ☐ 1 pinch saffron threads generous
- ☐ 4 servings salt and pepper freshly ground
- ☐ 2 medium zucchini

Equipment

- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil

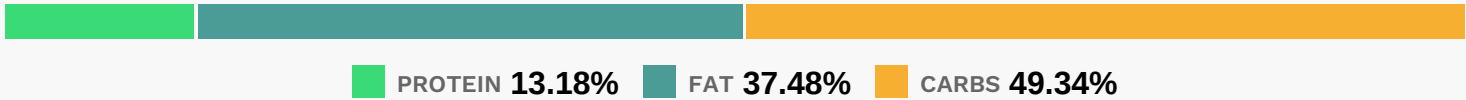
Directions

- ☐ Combine the chicken stock, 2 cups water, the orange and lemon zests and the saffron in a pot, and bring to a low simmer.
- ☐ Halve the zucchini lengthwise and gently scrape out the center flesh and seeds. Chop the center flesh and seeds and reserve. Halve each zucchini again crosswise. Arrange the zucchini and bell peppers cut-side up in a baking dish.
- ☐ Drizzle with EVOO and season with salt and pepper.
- ☐ Heat 2 tablespoons EVOO in a round-bottomed risotto pot or pan over medium to medium-high heat.
- ☐ Add the garlic and onions and cook, stirring, until softened, 2 to 3 minutes.
- ☐ Add the chopped zucchini and season with salt and pepper. Cook, stirring often, until lightly browned, 2 to 3 more minutes. Stir in the rice, then add the wine and cook until evaporated,

about 1 minute.

- ☐ Add the stock mixture a few ladles at a time, stirring vigorously after each addition and allowing the liquid to mostly evaporate before adding more. The rice will take about 18 minutes to cook to al dente. In the last minute or so of cooking, stir in 1/2 cup cheese, the butter and the lemon and orange juices.
- ☐ Scoop the risotto into the vegetables.
- ☐ Preheat the oven to 425 degrees F.
- ☐ Combine the remaining 2 tablespoons EVOO and 1/2 cup cheese with the breadcrumbs.
- ☐ Sprinkle over the tops of the risotto filling. Cover with foil and bake for 35 minutes. Uncover and bake until the tops are browned, 10 to 15 more minutes.
- ☐ Garnish with the parsley.
- ☐ Cook's Note: If you are not serving the dish immediately, fill the vegetables with the risotto and let cool (do not bake). Cover and store in the refrigerator. When ready to serve, bake as directed.

Nutrition Facts



Properties

Glycemic Index:108, Glycemic Load:49.67, Inflammation Score:-10, Nutrition Score:37.572608618633%

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 Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 1.56mg, Hesperetin: 1.56mg, Hesperetin: 1.56mg, Hesperetin: 1.56mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg

Nutrients (% of daily need)

Calories: 760.03kcal (38%), Fat: 30.74g (47.29%), Saturated Fat: 10.82g (67.6%), Carbohydrates: 91.06g (30.35%), Net Carbohydrates: 85.22g (30.99%), Sugar: 12.08g (13.42%), Cholesterol: 39.25mg (13.08%), Sodium: 1100.06mg

(47.83%), Alcohol: 3.09g (100%), Alcohol %: 0.64% (100%), Protein: 24.32g (48.63%), Vitamin C: 113.66mg (137.77%), Vitamin K: 141.13µg (134.41%), Folate: 272.79µg (68.2%), Manganese: 1.29mg (64.26%), Vitamin A: 3086.59IU (61.73%), Vitamin B1: 0.76mg (50.65%), Vitamin B3: 9.09mg (45.46%), Phosphorus: 410.3mg (41.03%), Selenium: 26.58µg (37.97%), Calcium: 379.28mg (37.93%), Vitamin B6: 0.75mg (37.27%), Iron: 5.92mg (32.86%), Vitamin B2: 0.55mg (32.28%), Potassium: 877.61mg (25.07%), Fiber: 5.85g (23.39%), Vitamin E: 3.45mg (22.99%), Copper: 0.43mg (21.43%), Magnesium: 80.1mg (20.02%), Zinc: 2.72mg (18.13%), Vitamin B5: 1.67mg (16.68%), Vitamin B12: 0.36µg (5.99%)