

Risotto with Amarone and Caramelized Radicchio

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



485 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 13 ounces arborio rice medium-grain white
- 4 tablespoons butter divided ()
- 6 cups chicken broth ()
- 0.3 cup olive oil extra virgin extra-virgin
- 1 cup onion minced
- 1 cup parmesan cheese freshly grated
- 2 large heads radicchio thinly cored halved cut into 1/3-inch strips

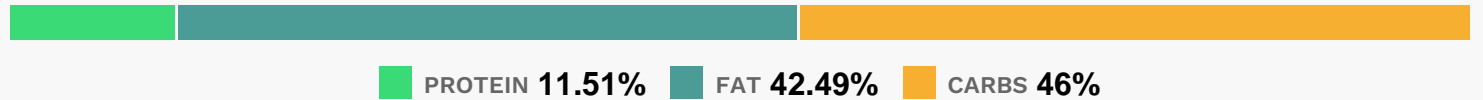
Equipment

- frying pan

Directions

- Melt 1 tablespoon butter with olive oil in heavy large deep skillet over medium-high heat.
- Add onion and radicchio; sauté until beginning to brown, about 18 minutes.
- Add rice.
- Sprinkle with salt and pepper; stir until rice is translucent at edges but still opaque in center, about 3 minutes.
- Add wine; simmer until wine is absorbed, stirring occasionally, about 3 minutes.
- Add 5 1/2 cups broth; increase heat and bring to boil. Reduce heat and simmer until rice is tender and risotto is creamy, stirring occasionally and adding more broth as needed, about 18 minutes.
- Remove risotto from heat; stir in remaining 3 tablespoons butter and Parmesan cheese. Season risotto to taste with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:39.01, Inflammation Score:-7, Nutrition Score:13.853913019533%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg

Nutrients (% of daily need)

Calories: 485.05kcal (24.25%), Fat: 23g (35.38%), Saturated Fat: 9.14g (57.14%), Carbohydrates: 56.03g (18.68%), Net Carbohydrates: 53.85g (19.58%), Sugar: 1.46g (1.62%), Cholesterol: 34.57mg (11.52%), Sodium: 424.41mg

(18.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.02g (28.05%), Folate: 148.44µg (37.11%), Manganese: 0.69mg (34.3%), Vitamin B3: 5.81mg (29.04%), Phosphorus: 244.93mg (24.49%), Vitamin B1: 0.36mg (24.29%), Selenium: 15.34µg (21.91%), Iron: 3.28mg (18.22%), Calcium: 167.14mg (16.71%), Copper: 0.27mg (13.38%), Zinc: 1.69mg (11.26%), Vitamin E: 1.61mg (10.74%), Vitamin B2: 0.17mg (9.9%), Potassium: 322.58mg (9.22%), Vitamin B5: 0.89mg (8.89%), Vitamin B6: 0.17mg (8.73%), Fiber: 2.18g (8.7%), Vitamin B12: 0.48µg (7.95%), Vitamin A: 378.03IU (7.56%), Vitamin K: 7.31µg (6.96%), Magnesium: 25.22mg (6.3%), Vitamin C: 2mg (2.42%)