



Risotto with Arugula and Toasted Garlic



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



374 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups arborio rice uncooked
- ☐ 4 cups arugula trimmed
- ☐ 0.5 cup cooking wine dry white
- ☐ 3 garlic cloves thinly sliced
- ☐ 3.5 cups low-salt chicken broth
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon pepper

☐

0.3 teaspoon salt

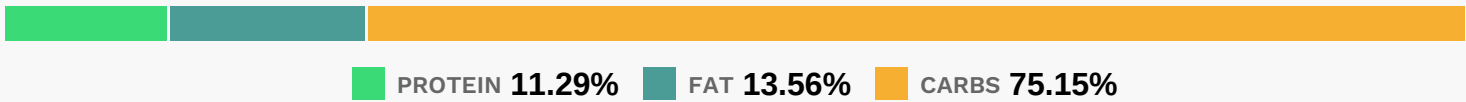
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Bring broth to a simmer in a small saucepan (do not boil). Keep broth warm over low heat.
- ☐ Heat oil in a large saucepan over medium heat.
- ☐ Add garlic; saut 3 minutes or until lightly browned.
- ☐ Remove garlic with a slotted spoon; set aside.
- ☐ Add rice and onion to pan; saut 5 minutes.
- ☐ Add wine, salt, and pepper; cook 1 minute or until wine is nearly absorbed, stirring constantly.
- ☐ Add warm broth, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 20 minutes total).
- ☐ Remove from heat; stir in garlic and arugula.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:47.84, Inflammation Score:-8, Nutrition Score:15.135217438573%

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: 1.86mg, Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg Kaempferol: 7.12mg, Kaempferol: 7.12mg, Kaempferol: 7.12mg, Kaempferol: 7.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

0.05mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

Nutrients (% of daily need)

Calories: 373.75kcal (18.69%), Fat: 5.3g (8.15%), Saturated Fat: 0.99g (6.17%), Carbohydrates: 66.04g (22.01%), Net Carbohydrates: 63.2g (22.98%), Sugar: 1.84g (2.04%), Cholesterol: 0mg (0%), Sodium: 216.22mg (9.4%), Alcohol: 3.09g (100%), Alcohol %: 1.09% (100%), Protein: 9.92g (19.84%), Folate: 196.84µg (49.21%), Manganese: 0.96mg (47.84%), Vitamin B3: 6.05mg (30.24%), Vitamin B1: 0.45mg (29.86%), Vitamin K: 24.35µg (23.19%), Iron: 4.09mg (22.74%), Selenium: 11.84µg (16.92%), Phosphorus: 158.44mg (15.84%), Copper: 0.3mg (14.78%), Vitamin B6: 0.23mg (11.54%), Fiber: 2.84g (11.36%), Vitamin B5: 1.11mg (11.06%), Potassium: 369.64mg (10.56%), Vitamin A: 475.89IU (9.52%), Magnesium: 34.49mg (8.62%), Zinc: 1.22mg (8.16%), Vitamin B2: 0.13mg (7.51%), Vitamin C: 5.18mg (6.28%), Calcium: 54.56mg (5.46%), Vitamin E: 0.6mg (3.98%), Vitamin B12: 0.21µg (3.44%)