



Risotto with Balsamic Glazed Chicken Thighs

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



677 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 cups arborio rice uncooked
- 1 cup firmly arugula leaves washed and drained packed
- 2 tablespoons balsamic vinegar
- 4 chicken thighs boneless skinless dry rinsed
- 2 teaspoons marjoram fresh divided chopped
- 2 teaspoons rosemary fresh divided chopped
- 2 garlic cloves minced
- 1 cup grape tomatoes halved

- 4 cups chicken broth low-sodium
- 3 tablespoons olive oil divided
- 0.5 cup parmesan cheese divided grated
- 0.3 teaspoon pepper freshly ground
- 1 small onion diced red
- 0.5 teaspoon sea salt
- 2 tablespoons butter unsalted
- 0.3 cup white wine (such as Chardonnay)

Equipment

- bowl
- frying pan
- sauce pan
- kitchen thermometer
- aluminum foil

Directions

- Toss chicken in a large bowl with next 4 ingredients and 1 teaspoon each marjoram and rosemary.
- Heat 2 tablespoons olive oil in a large saut pan over medium-high heat.
- Add chicken, reduce heat to medium, and cook 6 to 7 minutes per side or until a thermometer inserted into the thickest portion registers 16
- Remove chicken from pan, cover loosely with foil, and set aside.
- Add tomato and any remaining marinating liquid to pan, and cook, stirring constantly, 2 minutes or until tomato skins just begin to shrivel.
- Remove tomato from pan, cover loosely with foil, and set aside.
- Bring broth to a boil in a 3-quart saucepan over medium-high heat. Turn off heat, cover, and keep warm.
- Heat remaining olive oil and butter in the same saut pan over medium heat until butter melts.

- Add onion, and saut, stirring frequently, 2 minutes or until tender and translucent. (Do not scrape bottom of pan.)
- Add garlic, and saut, stirring constantly, 1 minute more.
- Add rice, and cook, stirring constantly, 2 minutes or until grains are well coated and the outsides turn translucent. (Do not let rice brown.)
- Add white wine, and cook 30 seconds or until most of it evaporates.
- Add 1 cup chicken broth, and stir constantly until mostly absorbed.
- Add additional broth in 1-cup increments, stirring after each addition until most of the broth is absorbed. Stop adding broth when rice appears to be saturated. (You may not need all 5 cups broth.) Cook, stirring frequently, 20 to 25 minutes or until rice is tender and creamy but not mushy.
- Stir in arugula, 1/4 cup Parmesan, remaining herbs, and any collected juices from the chicken.
- Place chicken on top of risotto. Reduce heat to low, cover, and cook 2 to 3 minutes or until chicken is warmed through and arugula is wilted.
- Add a little more chicken broth if the risotto gets too dry.
- Serve risotto warm, topped with chicken, tomato, and remaining Parmesan.
- The spoon: A regular spoon will work, but a risotto spoon will get the tender results you're looking for. Rice passes through the spoon's hole instead of getting mashed.
- The rice: Once the rice turns glossy and translucent, it is fully coated with olive oil and butter and ready for the liquid.
- The broth: Keep it hot! For maximum absorption and creamy texture, make sure the chicken broth is still hot when it's added to the risotto.

Nutrition Facts

 PROTEIN **21.78%**  FAT **35.73%**  CARBS **42.49%**

Properties

Glycemic Index:84.5, Glycemic Load:48.83, Inflammation Score:-8, Nutrition Score:26.299130403477%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin:

0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.59mg, Isorhamnetin: 1.59mg, Isorhamnetin: 1.59mg, Isorhamnetin: 1.59mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg

Nutrients (% of daily need)

Calories: 677.29kcal (33.86%), Fat: 26.28g (40.43%), Saturated Fat: 8.7g (54.4%), Carbohydrates: 70.29g (23.43%), Net Carbohydrates: 67.12g (24.41%), Sugar: 3.92g (4.36%), Cholesterol: 133.27mg (44.42%), Sodium: 689.76mg (29.99%), Alcohol: 1.54g (100%), Alcohol %: 0.36% (100%), Protein: 36.04g (72.08%), Vitamin B3: 12.94mg (64.7%), Selenium: 41.7µg (59.56%), Folate: 194.74µg (48.68%), Manganese: 0.97mg (48.55%), Phosphorus: 460.58mg (46.06%), Vitamin B6: 0.76mg (37.91%), Vitamin B1: 0.56mg (37.45%), Iron: 5.06mg (28.14%), Vitamin B5: 2.48mg (24.76%), Zinc: 3.5mg (23.37%), Vitamin B2: 0.38mg (22.08%), Potassium: 736.43mg (21.04%), Copper: 0.39mg (19.65%), Vitamin B12: 1.14µg (19%), Vitamin K: 19.91µg (18.97%), Calcium: 159.38mg (15.94%), Magnesium: 62.44mg (15.61%), Vitamin A: 746.16IU (14.92%), Vitamin E: 2.17mg (14.48%), Fiber: 3.17g (12.67%), Vitamin C: 8.43mg (10.22%), Vitamin D: 0.17µg (1.12%)