



Risotto with Beet Greens and Leeks

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



262 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups arborio uncooked
- ☐ 3 cups bunches of kale coarsely chopped
- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 cup cooking wine dry white
- ☐ 5 cups less-sodium chicken broth fat-free
- ☐ 2 cups leek thinly sliced 2 large
- ☐ 6 lemon wedges
- ☐ 1 tablespoon olive oil

☐

1 ounce parmesan cheese fresh grated

Equipment

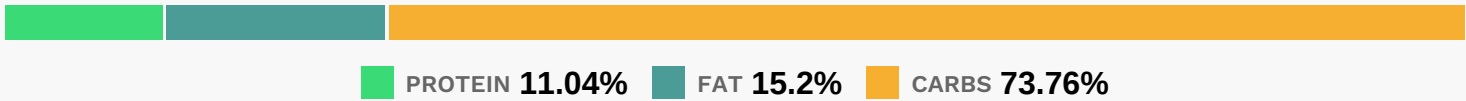
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sauce pan

Directions

- ☐
- Bring broth to a simmer in a medium saucepan (do not boil). Keep warm over low heat.
- ☐
- Heat oil in a large saucepan over medium heat.
- ☐
- Add leek; saut 4 minutes or until tender.
- ☐
- Add rice; cook 1 minute, stirring constantly. Stir in wine; cook 1 minute or until the liquid is nearly absorbed, stirring constantly. Reduce heat to low; stir in greens.
- ☐
- Add broth, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next portion (about 25 minutes). Stir in cheese and pepper.
- ☐
- Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:35.58, Glycemic Load:32.87, Inflammation Score:-9, Nutrition Score:17.970869526915%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.06mg, Hesperetin: 5.06mg, Hesperetin: 5.06mg, Hesperetin: 5.06mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 261.52kcal (13.08%), Fat: 4.3g (6.62%), Saturated Fat: 1.19g (7.44%), Carbohydrates: 46.99g (15.66%), Net Carbohydrates: 43.84g (15.94%), Sugar: 2.12g (2.36%), Cholesterol: 3.21mg (1.07%), Sodium: 899.67mg (39.12%), Alcohol: 1.03g (100%), Alcohol %: 0.4% (100%), Protein: 7.03g (14.07%), Vitamin K: 91.54µg (87.18%), Manganese:

0.78mg (38.98%), Folate: 141.65µg (35.41%), Vitamin A: 1737.57IU (34.75%), Vitamin B1: 0.34mg (22.81%), Vitamin C: 18.8mg (22.79%), Iron: 3.68mg (20.46%), Selenium: 13.33µg (19.04%), Vitamin B3: 3.35mg (16.74%), Fiber: 3.15g (12.61%), Phosphorus: 124.02mg (12.4%), Vitamin B6: 0.23mg (11.25%), Copper: 0.22mg (11.1%), Calcium: 110.53mg (11.05%), Vitamin B5: 1.02mg (10.2%), Magnesium: 39.59mg (9.9%), Potassium: 329.79mg (9.42%), Vitamin B2: 0.14mg (7.96%), Vitamin B12: 0.44µg (7.25%), Vitamin E: 0.93mg (6.21%), Zinc: 0.85mg (5.66%)