



Risotto with Bitter Greens

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



383 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound broccoli rabe chinese (gai laan)
- ☐ 0.3 cup chèvre cheese crumbled (goat)
- ☐ 4 cups chicken broth
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 cloves garlic minced
- ☐ 3 tablespoons olive oil
- ☐ 0.5 cup onion finely chopped
- ☐ 1 cup short- to rice medium-grain white

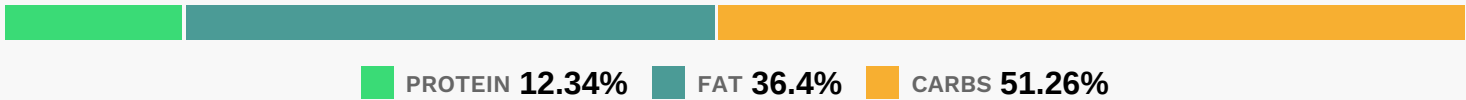
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 5- to 6-quart pan, bring 3 quarts water to a boil over high heat. Plunge broccoli rabe into water and cook until bright green, about 2 minutes.
- ☐ Drain and immerse in cold water. When cool, drain and coarsely chop.
- ☐ In the same pan over medium-high heat, combine oil and onion. Stir often for 3 minutes.
- ☐ Add garlic and stir often until onion is limp, about 2 minutes.
- ☐ Add rice, stir, then add wine. Stir until wine evaporates, about 1 minute.
- ☐ Add 4 cups broth and bring to a boil on high heat, stirring. Reduce heat to simmering and stir often until rice is tender to bite, about 15 minutes.
- ☐ Stir in broccoli and, for a creamier risotto, a little more broth. Stir often until broccoli is warm, 2 to 3 minutes.
- ☐ Stir cheese into risotto, then spoon into wide bowls.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:32.03, Inflammation Score:-10, Nutrition Score:25.488260906676%

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: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg

Nutrients (% of daily need)

Calories: 383.16kcal (19.16%), Fat: 14.83g (22.81%), Saturated Fat: 3.72g (23.26%), Carbohydrates: 46.99g (15.66%), Net Carbohydrates: 42.15g (15.33%), Sugar: 2.72g (3.02%), Cholesterol: 11.23mg (3.74%), Sodium: 964.75mg (41.95%), Alcohol: 3.09g (100%), Alcohol %: 0.83% (100%), Protein: 11.31g (22.63%), Vitamin K: 260.81µg (248.39%), Vitamin A: 3125.09IU (62.5%), Manganese: 1.17mg (58.73%), Folate: 215.47µg (53.87%), Vitamin B1: 0.54mg (35.95%), Vitamin C: 24.85mg (30.13%), Iron: 5.18mg (28.79%), Vitamin E: 3.47mg (23.16%), Vitamin B2: 0.37mg (22.02%), Vitamin B3: 4.08mg (20.41%), Fiber: 4.83g (19.33%), Phosphorus: 189.5mg (18.95%), Vitamin B6: 0.37mg (18.62%), Calcium: 163.35mg (16.34%), Copper: 0.31mg (15.26%), Selenium: 10.36µg (14.81%), Zinc: 1.81mg (12.04%), Vitamin B5: 1.17mg (11.73%), Magnesium: 46.44mg (11.61%), Potassium: 362.87mg (10.37%), Vitamin B12: 0.07µg (1.23%)