



WHATSheATE



Risotto with Bitter Greens and Goat Gouda Cheese



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



593 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1.5 cups arborio rice



6 cups chicken stock see low-sodium canned



1 garlic clove minced



6 ounces gouda cheese shredded



2 tablespoons olive oil extra-virgin



1 small onion finely chopped



4 servings salt and pepper freshly ground

- ☐ 1 pound swiss chard red trimmed finely chopped coarsely chopped
- ☐ 1 tablespoon butter unsalted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a large, deep skillet, heat 1 tablespoon of the olive oil until shimmering.
- ☐ Add the chopped chard stems and cook over moderately high heat, stirring frequently, until crisp-tender, about 4 minutes.
- ☐ Add the garlic and cook until fragrant, about 1 minute.
- ☐ Add the chard leaves and cook, tossing, until wilted, about 3 minutes.
- ☐ Drain the chard and transfer to a bowl. Season with salt and pepper. Wipe out the skillet.
- ☐ In a saucepan, bring the stock to a simmer.
- ☐ Heat the remaining 1 tablespoon of oil in the skillet until shimmering.
- ☐ Add the onion and cook over moderate heat, stirring frequently, until softened, about 7 minutes.
- ☐ Add the rice and cook, stirring until the rice is coated with olive oil, about 2 minutes.
- ☐ Add 1 cup of the hot stock and cook, stirring frequently, until the rice has absorbed most of the stock, about 3 minutes. Continue to cook the risotto, adding 1 cup of stock at a time and stirring constantly between additions until the stock is absorbed. The risotto is done when it is creamy and the rice grains are just tender, about 20 minutes.
- ☐ Remove the risotto from the heat and stir in the cheese, butter and cooked chard. Season with salt and pepper and serve at once.
- ☐ Wine Recommendation: A rich Chianti Classico will echo the creamy texture of the Gouda and soften the sharpness of the greens. Try one from the 1998 vintage, such as the Fontodi or the Vignamaggio.

Nutrition Facts



 **PROTEIN 16.56%**  **FAT 36.35%**  **CARBS 47.09%**

Properties

Glycemic Index:49.5, Glycemic Load:48.42, Inflammation Score:-10, Nutrition Score:34.522173985191%

Flavonoids

Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg 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: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 6.69mg, Kaempferol: 6.69mg, Kaempferol: 6.69mg Myricetin: 3.53mg, Myricetin: 3.53mg, Myricetin: 3.53mg, Myricetin: 3.53mg Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg

Nutrients (% of daily need)

Calories: 593.16kcal (29.66%), Fat: 24.25g (37.31%), Saturated Fat: 11.03g (68.93%), Carbohydrates: 70.68g (23.56%), Net Carbohydrates: 66.45g (24.16%), Sugar: 3.4g (3.78%), Cholesterol: 56mg (18.67%), Sodium: 891.9mg (38.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.85g (49.71%), Vitamin K: 946.72µg (901.64%), Vitamin A: 7262.72IU (145.25%), Manganese: 1.23mg (61.66%), Folate: 201.51µg (50.38%), Phosphorus: 468.86mg (46.89%), Vitamin C: 35.55mg (43.09%), Vitamin B3: 8.44mg (42.21%), Calcium: 378.33mg (37.83%), Iron: 6.15mg (34.17%), Vitamin B1: 0.49mg (32.77%), Magnesium: 126.99mg (31.75%), Copper: 0.57mg (28.31%), Selenium: 18.74µg (26.77%), Potassium: 872.18mg (24.92%), Vitamin B2: 0.39mg (23.12%), Vitamin E: 3.34mg (22.26%), Zinc: 3.29mg (21.92%), Vitamin B6: 0.34mg (17.02%), Vitamin B12: 1.01µg (16.91%), Fiber: 4.23g (16.91%), Vitamin B5: 1.33mg (13.35%), Vitamin D: 0.27µg (1.77%)