Risotto with Caramelized Onions

Gluten Free

READY IN	SERVINGS	CALORIES
45 min.	5	370 kcal

SIDE DISH | LUNCH | MAIN COURSE | MAIN DISH

Ingredients

- [ ] 1.5 cups arborio rice
- [ ] 3 cups caramelized onions uncooked
- [ ] 0.5 cup parsley fresh chopped
- [ ] 42 ounce chicken broth canned
- [ ] 1 tablespoon olive oil extra virgin extra-virgin
- [ ] 1 ounce parmesan fresh grated
- [ ] 0.3 teaspoon pepper
- [ ] 0.3 teaspoon salt

- [ ] 0.3 cup shallots finely chopped

Equipment

- [ ] sauce pan

Directions

- [ ] Bring the chicken broth to a simmer in a medium saucepan (do not boil). Keep the broth warm over low heat.
- [ ] Heat oil in a large saucepan over medium heat.
- [ ] Add shallots, and saut 1 minute.
- [ ] Add rice, and cook 2 minutes, stirring constantly.
- [ ] Add 1/2 cup broth, and cook until liquid is nearly absorbed, stirring constantly.
- [ ] Add remaining broth, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next. Stir in Caramelized Onions, salt, and pepper; cook 1 minute.
- [ ] Remove from heat; stir in parsley and cheese.
- [ ] Serve immediately.

Nutrition Facts

PROTEIN **13.7%** FAT **14.93%** CARBS **71.37%**

Properties

Glycemic Index:46, Glycemic Load:41.25, Inflammation Score:-9, Nutrition Score:20.379130547461%

Flavonoids

Apigenin: 12.94mg, Apigenin: 12.94mg, Apigenin: 12.94mg, Apigenin: 12.94mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 7.09mg, Isorhamnetin: 7.09mg, Isorhamnetin: 7.09mg, Isorhamnetin: 7.09mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg Quercetin: 28.76mg, Quercetin: 28.76mg, Quercetin: 28.76mg, Quercetin: 28.76mg

Nutrients (% of daily need)

Calories: 370.29kcal (18.51%), Fat: 6.21g (9.56%), Saturated Fat: 1.9g (11.87%), Carbohydrates: 66.85g (22.28%), Net Carbohydrates: 62.03g (22.56%), Sugar: 7.65g (8.5%), Cholesterol: 3.86mg (1.29%), Sodium: 290.14mg (12.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.83g (25.66%), Vitamin K: 101.04µg (96.23%), Folate: 180.4µg

(45.1%), Manganese: 0.87mg (43.74%), Vitamin B3: 6.02mg (30.11%), Vitamin B1: 0.42mg (28.07%), Vitamin C: 19.72mg (23.9%), Phosphorus: 221.96mg (22.2%), Iron: 3.97mg (22.05%), Fiber: 4.82g (19.26%), Vitamin B6: 0.36mg (18.08%), Copper: 0.33mg (16.44%), Selenium: 11.24µg (16.06%), Potassium: 549.65mg (15.7%), Calcium: 125.68mg (12.57%), Vitamin A: 553.73IU (11.07%), Vitamin B5: 1.04mg (10.43%), Magnesium: 39.32mg (9.83%), Vitamin B2: 0.17mg (9.79%), Zinc: 1.42mg (9.49%), Vitamin B12: 0.31µg (5.1%), Vitamin E: 0.5mg (3.31%)