



Risotto with Champagne and Radicchio

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



236 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups rice medium-grain uncooked
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 2 cups champagne divided
- ☐ 3 cups fat-skimmed beef broth fat-free
- ☐ 0.1 teaspoon nutmeg
- ☐ 2 tablespoons olive oil
- ☐ 4 ounces parmesan fresh divided grated

- ☐ 2 cups radicchio thinly thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 1 cup water
- ☐ 1 cup onion yellow finely chopped

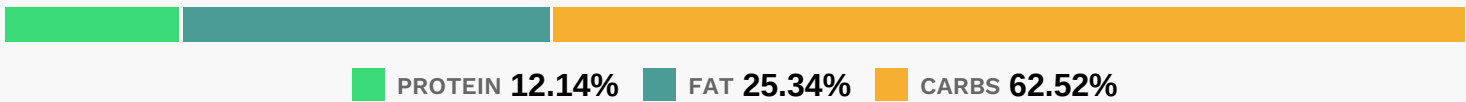
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Bring broth and 1 cup water to a simmer in a medium saucepan (do not boil). Keep warm over low heat.
- ☐ Heat oil in a large Dutch oven over medium heat.
- ☐ Add onion to pan, and cook 5 minutes or until tender, stirring frequently.
- ☐ Add rice; cook for 2 minutes, stirring constantly. Stir in 1 1/2 cups Champagne; cook 2 minutes or until liquid is nearly absorbed, stirring constantly. Stir in broth mixture, 1/2 cup at a time, stirring constantly until each portion is absorbed before adding the next (about 20 minutes total).
- ☐ Remove from heat.
- ☐ Stir in remaining 1/2 cup Champagne, radicchio, 1/2 cup cheese, butter, salt, pepper, and nutmeg.
- ☐ Let stand 5 minutes.
- ☐ Serve with remaining 1/2 cup cheese.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:25.05, Inflammation Score:-5, Nutrition Score:8.4973912835121%

Flavonoids

Cyanidin: 8.47mg, Cyanidin: 8.47mg, Cyanidin: 8.47mg, Cyanidin: 8.47mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Luteolin: 2.54mg, Luteolin: 2.54mg, Luteolin: 2.54mg, Luteolin: 2.54mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg

Nutrients (% of daily need)

Calories: 235.82kcal (11.79%), Fat: 6.06g (9.32%), Saturated Fat: 2.54g (15.89%), Carbohydrates: 33.64g (11.21%), Net Carbohydrates: 32.23g (11.72%), Sugar: 1.23g (1.36%), Cholesterol: 8.93mg (2.98%), Sodium: 494.08mg (21.48%), Alcohol: 2.52g (100%), Alcohol %: 1.69% (100%), Protein: 6.53g (13.07%), Folate: 99.3µg (24.82%), Manganese: 0.45mg (22.48%), Vitamin K: 18.77µg (17.87%), Vitamin B1: 0.24mg (15.85%), Selenium: 9.55µg (13.64%), Calcium: 124.39mg (12.44%), Phosphorus: 122.11mg (12.21%), Iron: 2.07mg (11.48%), Vitamin B3: 2.04mg (10.19%), Copper: 0.13mg (6.64%), Vitamin B5: 0.65mg (6.55%), Fiber: 1.41g (5.62%), Vitamin B6: 0.11mg (5.59%), Zinc: 0.8mg (5.36%), Magnesium: 20.26mg (5.07%), Vitamin B2: 0.07mg (4.24%), Vitamin B12: 0.23µg (3.81%), Potassium: 130.85mg (3.74%), Vitamin E: 0.54mg (3.58%), Vitamin A: 105.27IU (2.11%), Vitamin C: 1.52mg (1.84%)