



## Risotto with Corn and Basil

 Gluten Free

READY IN



24 min.

SERVINGS



4

CALORIES



367 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 1 cup arborio rice uncooked
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup cooking wine dry white
- ☐ 3 tablespoons basil fresh chopped
- ☐ 1 cup corn kernels fresh
- ☐ 0.1 teaspoon kosher salt
- ☐ 32 ounce lower-sodium chicken broth fat-free
- ☐ 1 tablespoon olive oil

- ☐ 0.8 cup onion chopped
- ☐ 0.5 cup parmigiano-reggiano cheese fresh divided grated
- ☐ 1 tablespoon butter unsalted

## Equipment

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

## Directions

- ☐ Bring broth to a simmer in a 2-quart saucepan (do not boil). Keep warm over low heat.
- ☐ Heat a Dutch oven over medium heat.
- ☐ Add olive oil and butter; cook until butter melts.
- ☐ Add onion; cook 2 minutes or until golden, stirring occasionally.
- ☐ Add rice; cook 1 minute, stirring constantly. Stir in wine; cook 1 to 2 minutes or until wine evaporates, stirring constantly.
- ☐ Add broth, 1 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 12 minutes total).
- ☐ Remove from heat.
- ☐ Add corn, next 3 ingredients (through salt), and 1/3 cup cheese, stirring gently until cheese melts.
- ☐ Sprinkle with remaining cheese.
- ☐ Serve immediately.
- ☐ Tip: If you've never made risotto, there are a few tricks. Make sure your broth is warm. Also, you always want to keep a thin veil of liquid on the rice. When it starts to evaporate, you know it's time to add more. And keep stirring! It may seem like forever, but risotto only takes 12 to 15 minutes to cook once you've added the rice to the pan. Toward the end of cooking, make sure to keep tasting it. You want to pull it off the heat while it's still a bit al dente.

## Nutrition Facts



 PROTEIN **15.11%**  FAT **26.82%**  CARBS **58.07%**

Properties

Glycemic Index:63.25, Glycemic Load:32.17, Inflammation Score:-7, Nutrition Score:12.222608504088%

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: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

Nutrients (% of daily need)

Calories: 366.64kcal (18.33%), Fat: 10.36g (15.94%), Saturated Fat: 4.53g (28.34%), Carbohydrates: 50.46g (16.82%), Net Carbohydrates: 47.77g (17.37%), Sugar: 3.94g (4.37%), Cholesterol: 16.02mg (5.34%), Sodium: 697.88mg (30.34%), Alcohol: 3.09g (100%), Alcohol %: 0.99% (100%), Protein: 13.13g (26.27%), Folate: 138.75µg (34.69%), Manganese: 0.69mg (34.37%), Vitamin B1: 0.36mg (23.98%), Potassium: 673.04mg (19.23%), Phosphorus: 182.49mg (18.25%), Calcium: 163.95mg (16.4%), Selenium: 10.81µg (15.44%), Iron: 2.63mg (14.61%), Vitamin B3: 2.82mg (14.08%), Fiber: 2.69g (10.76%), Vitamin B5: 1.02mg (10.19%), Magnesium: 37.66mg (9.41%), Vitamin B6: 0.18mg (9.22%), Vitamin K: 9.34µg (8.9%), Zinc: 1.16mg (7.76%), Copper: 0.15mg (7.48%), Vitamin A: 333.29IU (6.67%), Vitamin C: 4.95mg (6.01%), Vitamin B2: 0.1mg (5.92%), Vitamin E: 0.66mg (4.38%), Vitamin B12: 0.16µg (2.6%)