



Risotto with Corn, Zucchini, and Red Pepper

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



305 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup arborio rice uncooked
- ☐ 16 ounce less-sodium chicken broth fat-free canned
- ☐ 1 cup corn kernels fresh (2 ears)
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion chopped
- ☐ 1.5 ounces parmesan cheese fresh grated
- ☐ 0.5 cup bell pepper red finely chopped
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup water
- ☐ 1 cup zucchini diced

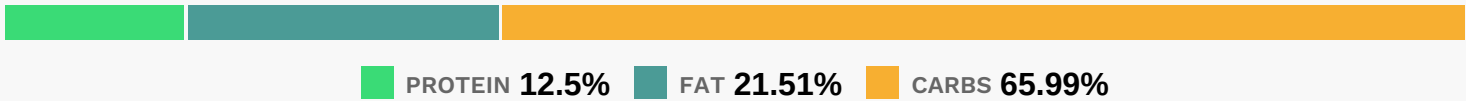
Equipment

- ☐ sauce pan
- ☐ pressure cooker

Directions

- ☐ Bring broth and water to a simmer in a medium saucepan; keep warm.
- ☐ Heat oil in a 6–quart pressure cooker over medium heat until hot.
- ☐ Add onion; saute 2 minutes.
- ☐ Add rice and saffron; saute 30 seconds. Stir in broth mixture. Close lid securely; bring to high pressure over high heat (about 3 minutes). Adjust heat to medium or level needed to maintain high pressure; cook 3 minutes.
- ☐ Remove from heat; let stand 10 minutes.
- ☐ Place pressure cooker under cold running water.
- ☐ Remove lid; stir in corn, zucchini, and bell pepper. Cook, uncovered, 3 minutes; stir constantly. Stir in cheese and salt.

Nutrition Facts



Properties

Glycemic Index:45.75, Glycemic Load:32.14, Inflammation Score:-8, Nutrition Score:14.848695779624%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

Nutrients (% of daily need)

Calories: 305.44kcal (15.27%), Fat: 7.36g (11.33%), Saturated Fat: 2.46g (15.38%), Carbohydrates: 50.81g (16.94%), Net Carbohydrates: 47.64g (17.33%), Sugar: 4.93g (5.48%), Cholesterol: 7.23mg (2.41%), Sodium: 790.47mg (34.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.63g (19.26%), Vitamin C: 33.33mg (40.4%), Folate: 152.41µg (38.1%), Manganese: 0.69mg (34.7%), Vitamin B1: 0.38mg (25.6%), Phosphorus: 188.44mg (18.84%), Vitamin B3: 3.7mg (18.53%), Selenium: 12.84µg (18.34%), Vitamin A: 796.36IU (15.93%), Iron: 2.81mg (15.59%), Calcium: 144.21mg (14.42%), Vitamin B6: 0.27mg (13.67%), Fiber: 3.17g (12.66%), Vitamin B5: 1.23mg (12.35%), Magnesium: 40.74mg (10.19%), Potassium: 329.15mg (9.4%), Vitamin B2: 0.15mg (9.02%), Copper: 0.18mg (9.01%), Zinc: 1.21mg (8.09%), Vitamin E: 0.89mg (5.92%), Vitamin B12: 0.35µg (5.91%), Vitamin K: 4.72µg (4.5%)