



Risotto with Fresh Mozzarella, Grape Tomatoes, and Basil



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



385 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups rice medium-grain
- ☐ 3 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup wine dry white
- ☐ 2 tablespoons olive oil extravirgin divided
- ☐ 4.5 cups fat-skimmed beef broth fat-free
- ☐ 0.3 cup basil fresh chopped

- ☐ 1 cup grape tomatoes halved
- ☐ 0.3 cup half and half
- ☐ 2 cups leek chopped
- ☐ 5 ounces mozzarella fresh diced finely
- ☐ 1 teaspoon salt

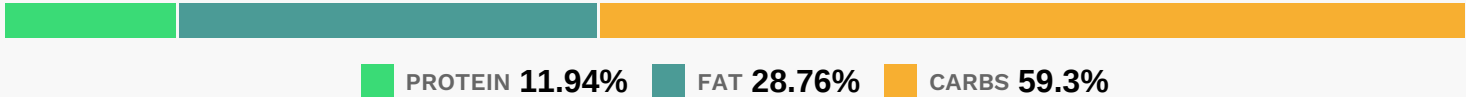
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place vinegar in a small, heavy saucepan; bring to a boil over medium heat. Cook until slightly syrupy and reduced to 1 tablespoon (about 4 minutes). Set aside.
- ☐ Bring broth to a simmer in a medium saucepan (do not boil). Keep warm.
- ☐ Heat 1 tablespoon oil in a large saucepan over medium-high heat.
- ☐ Add leek to pan; saut 3 minutes or until tender.
- ☐ Add rice; cook 2 minutes, stirring constantly. Stir in wine, and cook 1 minute or until liquid is nearly absorbed, stirring constantly. Stir in 1 cup broth; cook 5 minutes or until liquid is nearly absorbed, stirring constantly. Reduce heat to medium.
- ☐ Add remaining broth, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 25 minutes total). Stir in half-and-half, salt, and pepper; cook 2 minutes.
- ☐ Remove from heat; stir in tomatoes, basil, and cheese.
- ☐ Place about 1 cup risotto into each of 6 shallow serving bowls; drizzle each serving with 1/2 teaspoon balsamic syrup and 1/2 teaspoon oil.

Nutrition Facts



Properties

Glycemic Index:57.67, Glycemic Load:39.35, Inflammation Score:-8, Nutrition Score:15.763913211615%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 384.87kcal (19.24%), Fat: 11.85g (18.23%), Saturated Fat: 4.56g (28.52%), Carbohydrates: 54.97g (18.32%), Net Carbohydrates: 52.45g (19.07%), Sugar: 4.05g (4.5%), Cholesterol: 22.19mg (7.4%), Sodium: 1248.6mg (54.29%), Alcohol: 1.37g (100%), Alcohol %: 0.5% (100%), Protein: 11.07g (22.14%), Manganese: 0.86mg (42.97%), Folate: 163.83µg (40.96%), Vitamin B1: 0.38mg (25.62%), Selenium: 17.33µg (24.76%), Vitamin K: 23.73µg (22.6%), Iron: 3.7mg (20.57%), Vitamin A: 950.01IU (19%), Phosphorus: 189.08mg (18.91%), Vitamin B3: 3.71mg (18.54%), Calcium: 164.45mg (16.45%), Vitamin B12: 0.9µg (14.97%), Vitamin B6: 0.24mg (11.81%), Vitamin B5: 1.1mg (11.01%), Copper: 0.22mg (10.91%), Zinc: 1.52mg (10.16%), Fiber: 2.53g (10.1%), Vitamin B2: 0.17mg (9.83%), Magnesium: 35.16mg (8.79%), Vitamin C: 7.23mg (8.77%), Vitamin E: 1.16mg (7.72%), Potassium: 262.16mg (7.49%)