



Risotto with Fresh Mozzarella, Tomatoes, and Basil

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



145 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup arborio rice dry
- 2 teaspoons butter
- 0.5 cup cooking wine dry white
- 0.3 cup basil fresh chopped
- 2 garlic cloves minced
- 1 pint grape tomatoes halved
- 0.3 cup mozzarella cheese fresh diced ()

- 0.8 cup onion chopped
- 0.5 teaspoon salt
- 4 cups vegetable broth organic (such as Swanson Certified)

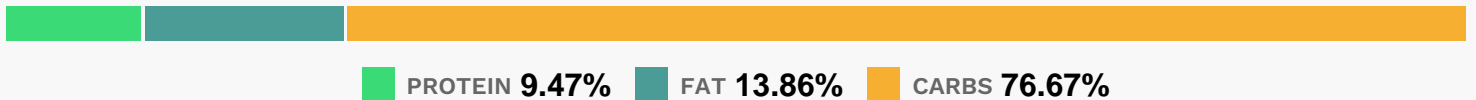
Equipment

- bowl
- baking pan
- microwave

Directions

- Combine first 3 ingredients in an 11 x 7-inch baking dish coated with cooking spray. Microwave, uncovered, at HIGH 2 minutes or until tender. Set aside.
- Microwave broth in a glass bowl at HIGH 4 minutes or until hot. Stir rice and hot broth into onion mixture; microwave, uncovered, at HIGH 10 minutes. Stir in wine; microwave at HIGH an additional 10 minutes or until liquid is almost absorbed, stirring twice. Stir in tomatoes, basil, and salt. Gently fold in cheese.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:17.4, Inflammation Score:-7, Nutrition Score:6.8208695377993%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 145.07kcal (7.25%), Fat: 2.07g (3.18%), Saturated Fat: 1.16g (7.26%), Carbohydrates: 25.73g (8.58%), Net Carbohydrates: 24.04g (8.74%), Sugar: 3.38g (3.76%), Cholesterol: 5.45mg (1.82%), Sodium: 650.04mg (28.26%), Alcohol: 1.54g (100%), Alcohol %: 0.82% (100%), Protein: 3.18g (6.36%), Manganese: 0.39mg (19.31%), Folate: 70.44µg (17.61%), Vitamin A: 837.8IU (16.76%), Vitamin C: 9.58mg (11.61%), Vitamin B1: 0.17mg (11.58%), Vitamin K: 8.09µg (7.7%), Iron: 1.34mg (7.46%), Vitamin B3: 1.43mg (7.15%), Fiber: 1.69g (6.77%), Selenium: 4.58µg (6.55%), Vitamin B6: 0.13mg (6.37%), Phosphorus: 59.25mg (5.93%), Potassium: 199.94mg (5.71%), Copper: 0.1mg (4.97%), Magnesium: 16.65mg (4.16%), Vitamin B5: 0.41mg (4.12%), Zinc: 0.54mg (3.58%), Calcium: 32.21mg (3.22%), Vitamin B2: 0.04mg (2.43%), Vitamin E: 0.36mg (2.43%), Vitamin B12: 0.08µg (1.37%)