



Risotto with Italian Sausage, Caramelized Onions, and Bitter Greens

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



519 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup arborio rice medium-grain
- ☐ 2 cups arugula leaves
- ☐ 4 cups less-sodium chicken broth fat-free
- ☐ 8 ounces turkey sausage sweet italian
- ☐ 1 teaspoon lemon rind grated
- ☐ 2 teaspoons olive oil
- ☐ 2 cups onion chopped (1 large)

- ☐ 3 tablespoons pecorino romano cheese freshly grated
- ☐ 0.3 cup shallots chopped
- ☐ 2 teaspoons sugar
- ☐ 0.5 cup water
- ☐ 0.3 cup white wine

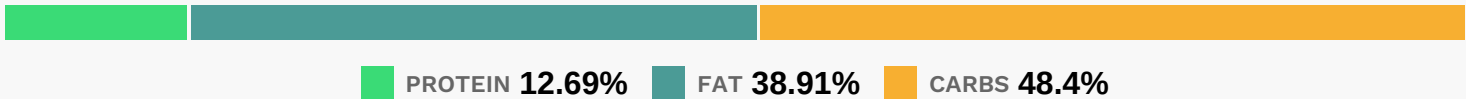
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring broth and 1/2 cup water to a simmer in a medium saucepan (do not boil). Keep warm over low heat.
- ☐ Heat olive oil in a large saucepan over medium-high heat.
- ☐ Add chopped onion and sugar to pan; saut 7 minutes or until onion is golden.
- ☐ Place onion mixture in a small bowl; set aside.
- ☐ Removing casings from sausage.
- ☐ Add sausage to pan; saut 4 minutes or until browned, stirring to crumble.
- ☐ Add chopped shallots; saut 2 minutes.
- ☐ Add Arborio rice; saut 30 seconds. Stir in white wine; cook 45 seconds or until liquid is nearly absorbed, stirring constantly. Stir in 1 cup hot broth; cook 2 minutes or until the liquid is nearly absorbed, stirring constantly.
- ☐ Add remaining broth, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 20 minutes total).
- ☐ Remove from heat; stir in reserved onion, arugula, and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:77.77, Glycemic Load:40.96, Inflammation Score:-8, Nutrition Score:18.693478558374%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.44mg, Isorhamnetin: 4.44mg, Isorhamnetin: 4.44mg, Isorhamnetin: 4.44mg Kaempferol: 4.01mg, Kaempferol: 4.01mg, Kaempferol: 4.01mg, Kaempferol: 4.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 17.04mg, Quercetin: 17.04mg, Quercetin: 17.04mg, Quercetin: 17.04mg

Nutrients (% of daily need)

Calories: 518.68kcal (25.93%), Fat: 21.64g (33.29%), Saturated Fat: 7.44g (46.47%), Carbohydrates: 60.55g (20.18%), Net Carbohydrates: 56.85g (20.67%), Sugar: 7.34g (8.15%), Cholesterol: 46.99mg (15.66%), Sodium: 1398.73mg (60.81%), Alcohol: 2.06g (100%), Alcohol %: 0.52% (100%), Protein: 15.87g (31.74%), Vitamin B1: 0.72mg (48.33%), Manganese: 0.87mg (43.7%), Folate: 173.89µg (43.47%), Selenium: 29.17µg (41.68%), Vitamin B3: 5.72mg (28.61%), Vitamin B6: 0.47mg (23.57%), Phosphorus: 231.1mg (23.11%), Iron: 4.08mg (22.66%), Vitamin B12: 1.01µg (16.87%), Vitamin B5: 1.53mg (15.34%), Fiber: 3.7g (14.81%), Zinc: 2.08mg (13.85%), Potassium: 477.87mg (13.65%), Copper: 0.27mg (13.59%), Vitamin B2: 0.22mg (13.07%), Vitamin C: 10.38mg (12.58%), Vitamin K: 12.7µg (12.1%), Magnesium: 43.53mg (10.88%), Calcium: 104.23mg (10.42%), Vitamin A: 255.3IU (5.11%), Vitamin E: 0.36mg (2.42%)