



Risotto with Radicchio

READY IN



40 min.

SERVINGS



6

CALORIES



674 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups arborio rice
- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup bread crumbs dry
- ☐ 1 cup cooking wine dry white
- ☐ 1 clove garlic thinly sliced
- ☐ 1.8 teaspoons kosher salt
- ☐ 6 cups chicken broth low-sodium
- ☐ 4 tablespoons olive oil

- ☐ 4 ounces parmesan grated
- ☐ 1 head radicchio thinly cut into 12 wedges
- ☐ 3 tablespoons butter unsalted
- ☐ 1 small onion yellow finely chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat the butter and 1 tablespoon of the oil in a large saucepan over medium heat.
- ☐ Add the onion and cook for 5 minutes.
- ☐ Add the rice and cook, stirring constantly, for 2 minutes. Reduce heat to medium-low.
- ☐ Add the wine and cook, stirring frequently, until the liquid is absorbed.
- ☐ Add the broth, 1/2 cup at a time, stirring occasionally and waiting until its absorbed before adding more. This should take about 30 minutes. The rice should be tender but still slightly firm. Meanwhile, about 5 minutes before the risotto is done, heat 2 tablespoons of the remaining oil in a large skillet over medium heat.
- ☐ Add the radicchio and garlic and cook, stirring occasionally, until the radicchio is browned and slightly wilted, about 5 minutes.
- ☐ Add the oregano (if using), vinegar, and 1/4 teaspoon of the salt.
- ☐ Transfer to a plate.
- ☐ Remove the risotto from heat and stir in the Parmesan, the remaining salt, and the pepper. Cover to keep warm. Wipe out skillet, return to medium heat, and heat the remaining oil.
- ☐ Add the bread crumbs and cook until golden brown, 2 to 3 minutes.
- ☐ Remove from heat. Spoon the risotto into individual bowls and top with the radicchio and bread crumbs.

Nutrition Facts



Properties

Glycemic Index:43.83, Glycemic Load:63.68, Inflammation Score:-8, Nutrition Score:25.940434813499%

Flavonoids

Cyanidin: 59.26mg, Cyanidin: 59.26mg, Cyanidin: 59.26mg, Cyanidin: 59.26mg Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 17.74mg, Luteolin: 17.74mg, Luteolin: 17.74mg, Luteolin: 17.74mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 17.1mg, Quercetin: 17.1mg, Quercetin: 17.1mg, Quercetin: 17.1mg

Nutrients (% of daily need)

Calories: 674.17kcal (33.71%), Fat: 22.2g (34.16%), Saturated Fat: 8.64g (53.98%), Carbohydrates: 91.18g (30.39%), Net Carbohydrates: 87.53g (31.83%), Sugar: 2.7g (3%), Cholesterol: 27.9mg (9.3%), Sodium: 1100.8mg (47.86%), Alcohol: 4.12g (100%), Alcohol %: 1.08% (100%), Protein: 19.53g (39.05%), Vitamin K: 126.08µg (120.07%), Folate: 267.99µg (67%), Manganese: 1.24mg (61.82%), Vitamin B1: 0.63mg (42.14%), Vitamin B3: 7.88mg (39.4%), Phosphorus: 337.23mg (33.72%), Iron: 5.61mg (31.17%), Selenium: 21.15µg (30.22%), Calcium: 264.5mg (26.45%), Copper: 0.52mg (25.94%), Vitamin E: 2.61mg (17.4%), Vitamin B5: 1.57mg (15.67%), Zinc: 2.3mg (15.32%), Fiber: 3.65g (14.61%), Potassium: 502.53mg (14.36%), Vitamin B6: 0.28mg (14.22%), Vitamin B2: 0.22mg (13.23%), Magnesium: 47.91mg (11.98%), Vitamin B12: 0.49µg (8.17%), Vitamin A: 335.87IU (6.72%), Vitamin C: 4.75mg (5.76%), Vitamin D: 0.2µg (1.33%)