



Risotto with Sausage and Spinach

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



483 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups arborio rice
- ☐ 6 cups baby spinach
- ☐ 6 cups chicken broth low-sodium canned
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.8 pound turkey sausage italian with seasonings, casings removed
- ☐ 1 tablespoon olive oil
- ☐ 1 onion finely chopped
- ☐ 0.8 cup parmesan grated

- ☐ 6 servings salt
- ☐ 1 tablespoon butter unsalted

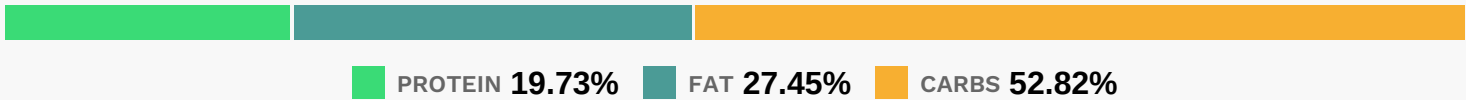
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Bring broth and 2 cups water to simmer in a medium saucepan. Turn heat to low to keep warm.
- ☐ Warm olive oil in a heavy pot over medium heat.
- ☐ Add onion and cook, stirring, until softened, about 3 minutes.
- ☐ Add sausage and cook, stirring often and breaking up into small pieces, until it loses its pink color, about 5 minutes.
- ☐ Add rice and cook, stirring, for 1 minute.
- ☐ Add wine and cook until alcohol evaporates, about 2 minutes.
- ☐ Add about 2 cups warm broth mixture and simmer, stirring frequently, until rice absorbs liquid. Continue to add liquid, about 2 cups at a time, stirring occasionally, until rice is creamy and soft, about 20 minutes (you may not use all of the liquid).
- ☐ Add spinach and stir until wilted, about 2 minutes.
- ☐ Remove pot from heat, stir in cheese and butter and season with salt.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:42.44, Inflammation Score:-10, Nutrition Score:29.44608706495%

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 Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg

Nutrients (% of daily need)

Calories: 483kcal (24.15%), Fat: 14.31g (22.02%), Saturated Fat: 6.04g (37.77%), Carbohydrates: 61.96g (20.65%), Net Carbohydrates: 58.61g (21.31%), Sugar: 3.32g (3.69%), Cholesterol: 43.57mg (14.52%), Sodium: 1017.41mg (44.24%), Alcohol: 2.06g (100%), Alcohol %: 0.59% (100%), Protein: 23.15g (46.3%), Vitamin K: 146.83µg (139.84%), Vitamin A: 3051.05IU (61.02%), Folate: 221.36µg (55.34%), Iron: 9.78mg (54.34%), Manganese: 1.05mg (52.4%), Vitamin B3: 8.35mg (41.77%), Selenium: 25.9µg (37%), Phosphorus: 349.95mg (35%), Vitamin C: 27.02mg (32.76%), Vitamin B1: 0.45mg (30.32%), Vitamin B6: 0.46mg (22.78%), Calcium: 207.77mg (20.78%), Copper: 0.37mg (18.74%), Zinc: 2.74mg (18.25%), Vitamin B2: 0.31mg (18.11%), Potassium: 585.81mg (16.74%), Magnesium: 64.95mg (16.24%), Vitamin B5: 1.42mg (14.2%), Fiber: 3.35g (13.39%), Vitamin B12: 0.63µg (10.56%), Vitamin E: 1.03mg (6.87%)