



Risotto with Spinach

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



520 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings pepper black freshly ground to taste
- ☐ 6 tablespoons butter
- ☐ 0.5 cup grana padano cheese grated plus more for passing
- ☐ 10 inch cup heavy whipping cream french such as an enameled cast-iron oven
- ☐ 4 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 cups onion chopped
- ☐ 3 quart water hot for water
- ☐ 2 cups rice

- ☐ 1 teaspoon salt plus more to taste
- ☐ 10 ounces pkt spinach
- ☐ 6 cups water
- ☐ 1 cup wine
- ☐ 6 servings frangelico
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Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ stove

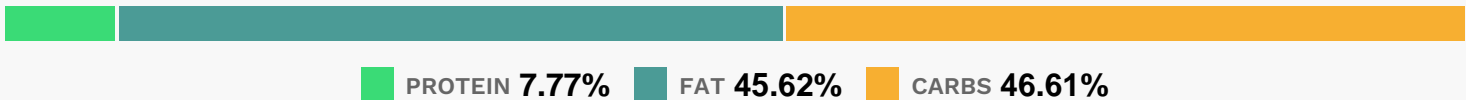
Directions

- ☐ Rinse and dry the spinach. Slice the leaves, a handful at a time, into 1/2-inch-wide strips.
- ☐ Heat the water in the pot almost to the boil. Cover, and keep it very hot on the stove, near the risotto pan.
- ☐ Put the olive oil, onions, and 1/2 teaspoon salt in the saucepan, set it over medium heat, and stir well. Cook, stirring frequently, until the onions are wilted and starting to color.
- ☐ Pour in the rice all at once, raise the heat, and stir continuously for about 2 minutes, until the rice grains are toasted (not browned) and make a clicking sound in the pan.
- ☐ Pour in the wine, and keep stirring, all around the pan, until it has evaporated and the rice is dry.
- ☐ Ladle in 2 cups of hot water, enough to cover the rice. Cook for a minute or two, stirring, then pile the shredded spinach on top of the rice, and stir steadily as the spinach wilts and the rice gradually absorbs almost all of the moisture, 5 minutes or more.
- ☐ When you can see the bottom of the saucepan as you stir, ladle in more water to cover the rice, and stir in the remaining 1/2 teaspoon salt. Cook, stirring frequently, as the risotto develops its creamy suspension. Again, when the liquid is almost completely absorbed, ladle

in another cup or so of water.

- ☐ After the risotto has cooked for 15 to 20 minutes and incorporated 6 cups of water, taste; add more salt or more hot water as needed. When done al dente and creamy, turn off the heat.
- ☐ Drop in the butter pieces, stir vigorously, then beat in the 1/2 cup of grated cheese, and grind black pepper generously on top.
- ☐ Serve immediately in warm pasta bowls.

Nutrition Facts



Properties

Glycemic Index:40.7, Glycemic Load:31.24, Inflammation Score:-10, Nutrition Score:22.319565265075%

Flavonoids

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: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 3.37mg, Kaempferol: 3.37mg, Kaempferol: 3.37mg, Kaempferol: 3.37mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 12.72mg, Quercetin: 12.72mg, Quercetin: 12.72mg, Quercetin: 12.72mg

Nutrients (% of daily need)

Calories: 520.28kcal (26.01%), Fat: 25.02g (38.49%), Saturated Fat: 10.99g (68.69%), Carbohydrates: 57.5g (19.17%), Net Carbohydrates: 54.73g (19.9%), Sugar: 3.12g (3.46%), Cholesterol: 40.55mg (13.52%), Sodium: 692.48mg (30.11%), Alcohol: 4.12g (100%), Alcohol %: 0.55% (100%), Protein: 9.59g (19.18%), Vitamin K: 235.69µg (224.46%), Vitamin A: 4909.34IU (98.19%), Manganese: 1.23mg (61.29%), Folate: 108.32µg (27.08%), Vitamin C: 17.25mg (20.91%), Calcium: 206.8mg (20.68%), Vitamin E: 2.76mg (18.43%), Magnesium: 73.6mg (18.4%), Phosphorus: 180.54mg (18.05%), Selenium: 12.24µg (17.48%), Copper: 0.34mg (16.89%), Vitamin B6: 0.29mg (14.35%), Potassium: 457.38mg (13.07%), Iron: 2.13mg (11.86%), Fiber: 2.77g (11.09%), Vitamin B2: 0.18mg (10.62%), Zinc: 1.39mg (9.24%), Vitamin B5: 0.81mg (8.05%), Vitamin B1: 0.11mg (7.43%), Vitamin B3: 1.47mg (7.33%), Vitamin B12: 0.13µg (2.18%)