



Risotto with Sun-Dried Tomatoes and Mozzarella

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



399 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups arborio rice
- 0.3 cup basil fresh chopped
- 0.3 cup oil-packed sun-dried tomatoes
- 1 onion chopped
- 1 cup parmesan cheese grated
- 6 servings salt and pepper to taste
- 1 cup mozzarella cheese shredded

5.5 cups vegetable stock

Equipment

frying pan

sauce pan

Directions

In a large saucepan, bring the vegetable stock to a simmer. While the stock is heating, drain the sun-dried tomatoes and reserve the oil. Chop the tomatoes coarsely and set them aside.

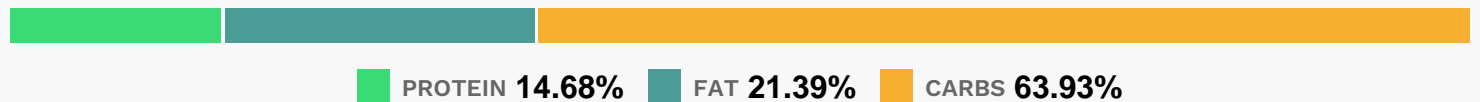
In a large frying pan, warm 2 tablespoons of oil from the tomatoes, add onion and saute until translucent; about 6 minutes.

Add rice to the frying pan and stir until white spots appear in the center of the grains; about 1 minute. Spoon a ladleful of vegetable stock into the frying pan and cook the mixture on low until all the stock is absorbed; about 2 minutes. Continue adding the stock, a ladleful at a time until the rice is tender and the mixture is creamy, approximately 20 to 25 minutes.

Add the mozzarella cheese, Parmesan cheese, sun-dried tomatoes, 2 tablespoons of the remaining oil from the tomatoes, chopped basil, and salt and pepper.

Mix well and serve.

Nutrition Facts



Properties

Glycemic Index:46.83, Glycemic Load:44.27, Inflammation Score:-8, Nutrition Score:15.603478271028%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 398.93kcal (19.95%), Fat: 9.39g (14.45%), Saturated Fat: 5.17g (32.29%), Carbohydrates: 63.15g (21.05%), Net Carbohydrates: 60.2g (21.89%), Sugar: 5.11g (5.68%), Cholesterol: 29.25mg (9.75%), Sodium: 1472.14mg (64.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.5g (29%), Manganese: 0.86mg (42.98%), Folate:

164.63µg (41.16%), Vitamin B1: 0.43mg (28.52%), Selenium: 19.5µg (27.86%), Phosphorus: 262.71mg (26.27%), Calcium: 256.43mg (25.64%), Iron: 3.6mg (20.02%), Vitamin B3: 3.36mg (16.79%), Vitamin A: 835.72IU (16.71%), Zinc: 2.16mg (14.41%), Copper: 0.25mg (12.33%), Fiber: 2.95g (11.78%), Vitamin B5: 1.09mg (10.91%), Vitamin B12: 0.65µg (10.84%), Vitamin B2: 0.18mg (10.47%), Magnesium: 39.23mg (9.81%), Potassium: 334.89mg (9.57%), Vitamin B6: 0.18mg (8.91%), Vitamin K: 7.56µg (7.2%), Vitamin C: 3.93mg (4.77%), Vitamin D: 0.16µg (1.05%)