



Risotto with Tomato, Corn and Basil

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



385 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup arborio rice uncooked
- ☐ 2 tablespoons butter
- ☐ 0.5 cup basil leaves fresh cut into thin strips
- ☐ 1.3 cups corn kernels fresh
- ☐ 1 clove garlic minced
- ☐ 4 servings ground pepper black to taste
- ☐ 2 cups milk
- ☐ 1 cup onion minced

- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.5 teaspoon salt
- ☐ 1 medium tomatoes peeled seeded chopped
- ☐ 2.5 cups water
- ☐ 3 tablespoons white wine

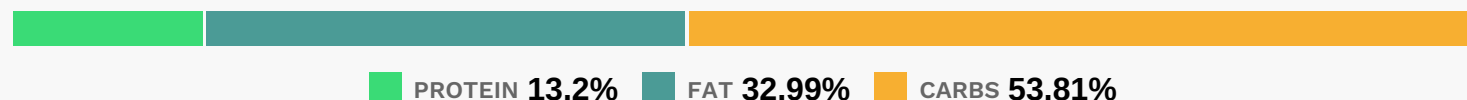
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Combine the water and milk in a medium size pot or saucepan, heat the water and milk to a simmer. Keep the pan over low heat.
- ☐ Melt the butter in a large casserole or skillet over medium high heat.
- ☐ Add the onion and cook for 3 to 4 minutes, stirring occasionally.
- ☐ Add the garlic and the rice, stir constantly for 1 minute.
- ☐ Add the white wine and stir until completely absorbed.
- ☐ Begin to add the heated milk-water mixture 1/2 cup at a time, stirring frequently. Wait until each addition is almost completely absorbed before adding the next. When the rice has cooked for 15 minutes and most of the liquid has been incorporated, add the corn kernels and tomatoes along with the end of the milk-water mixture. Cook, stirring frequently, until the rice is tender but still slightly chewy.
- ☐ The risotto should take 18 to 20 minutes of cooking all together. Stir in the Parmesan cheese, most of the basil, and the salt and pepper. Spoon the risotto immediately onto plates, top with the remaining basil strands, and serve.

Nutrition Facts



Properties

Glycemic Index:95.5, Glycemic Load:26.93, Inflammation Score:-8, Nutrition Score:16.433043303697%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg

Nutrients (% of daily need)

Calories: 384.65kcal (19.23%), Fat: 14.06g (21.62%), Saturated Fat: 8.04g (50.27%), Carbohydrates: 51.59g (17.2%), Net Carbohydrates: 48.43g (17.61%), Sugar: 11.54g (12.82%), Cholesterol: 40.56mg (13.52%), Sodium: 619.79mg (26.95%), Alcohol: 1.16g (100%), Alcohol %: 0.32% (100%), Protein: 12.65g (25.3%), Manganese: 0.64mg (32.17%), Phosphorus: 306.78mg (30.68%), Folate: 122.29µg (30.57%), Calcium: 289.35mg (28.93%), Vitamin B1: 0.39mg (26.12%), Vitamin A: 986.89IU (19.74%), Selenium: 13.05µg (18.64%), Vitamin B2: 0.28mg (16.47%), Vitamin K: 16.47µg (15.69%), Potassium: 519.19mg (14.83%), Magnesium: 57.94mg (14.48%), Vitamin B6: 0.29mg (14.31%), Vitamin B5: 1.43mg (14.26%), Vitamin B3: 2.81mg (14.07%), Vitamin B12: 0.84µg (13.99%), Vitamin C: 11.23mg (13.62%), Fiber: 3.15g (12.62%), Zinc: 1.87mg (12.44%), Iron: 2.21mg (12.29%), Vitamin D: 1.4µg (9.36%), Copper: 0.18mg (9.21%), Vitamin E: 0.52mg (3.47%)