



Risotto with Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



228 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 servings cherry tomatoes
- 2 cups chicken stock see
- 6 servings basil fresh
- 1 tablespoon olive oil
- 1 onion diced
- 6 ounces bell pepper diced red
- 1 cup carnaroli rice
- 6 servings salt

- 1 tomatoes diced
- 1 cup white wine
- 6 ounces bell pepper diced yellow
- 6 ounces zucchini diced

Equipment

- pot

Directions

- Using a heavy sauce pot, heat the olive oil and saute the onions until translucent, approximately 2 to 3 minutes. Season with salt.
- Add the rice and toast for another minute.
- Add the white wine and vegetable stock and stir until a creamy consistency. Allow rice to cook for 15 minutes until rich and creamy.
- Once rice is cooked, add the zucchini, peppers, and tomato and mix well.
- To serve, place on large platter and garnish with basil leaves and cherry tomatoes.

Nutrition Facts



■ PROTEIN **9.71%** ■ FAT **13.18%** ■ CARBS **77.11%**

Properties

Glycemic Index:50.53, Glycemic Load:16.49, Inflammation Score:-9, Nutrition Score:16.269130458003%

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: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg

Nutrients (% of daily need)

Calories: 227.85kcal (11.39%), Fat: 3.01g (4.63%), Saturated Fat: 0.46g (2.9%), Carbohydrates: 39.57g (13.19%), Net Carbohydrates: 36.41g (13.24%), Sugar: 7.99g (8.88%), Cholesterol: 0mg (0%), Sodium: 532.8mg (23.17%), Alcohol: 4.12g (100%), Alcohol %: 1.23% (100%), Protein: 4.98g (9.97%), Vitamin C: 131.65mg (159.58%), Vitamin A: 2168.22IU (43.36%), Manganese: 0.72mg (36.16%), Vitamin B6: 0.41mg (20.27%), Potassium: 661.72mg (18.91%), Vitamin K: 18.34µg (17.47%), Folate: 57.24µg (14.31%), Copper: 0.26mg (12.89%), Fiber: 3.16g (12.64%), Vitamin E: 1.81mg (12.07%), Phosphorus: 120.4mg (12.04%), Vitamin B3: 2.14mg (10.71%), Magnesium: 42.31mg (10.58%), Iron: 1.89mg (10.5%), Vitamin B1: 0.13mg (8.64%), Selenium: 5.7µg (8.15%), Vitamin B5: 0.76mg (7.62%), Vitamin B2: 0.12mg (7.17%), Zinc: 0.88mg (5.89%), Calcium: 48.1mg (4.81%)