



Roasted Beet Risotto

 Gluten Free

READY IN



120 min.

SERVINGS



6

CALORIES



472 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14 oz arborio rice
- ☐ 3 medium beets (with greens), trimmed, leaving 1 inch of stems attached
- ☐ 0.5 teaspoon pepper (black)
- ☐ 0.5 cup cooking wine (dry white)
- ☐ 28 fl. oz. chicken broth (reduced-sodium)
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion (finely chopped)
- ☐ 0.5 cup parmigiano-reggiano (finely grated)

- ☐ 6 servings garnish: parmigiano-reggiano shavings with a vegetable peeler
- ☐ 1 teaspoon salt
- ☐ 3 cups water

Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Put oven rack in middle position and preheat oven to 425°F.
- ☐ Tightly wrap beets in a double layer of foil and roast on a baking sheet until very tender, 1 1/4 to 1 1/2 hours. Cool to warm in foil package, about 20 minutes.
- ☐ When beets are cool enough to handle, peel them, discarding stems and root ends, then cut into 1/2-inch cubes.
- ☐ While beets are cooling, bring broth and water to a bare simmer in a 2- to 3-quart saucepan. Keep at a bare simmer, covered.
- ☐ Cook onion in oil in a wide 4- to 6-quart heavy pot over moderate heat, stirring occasionally, until softened, about 3 minutes.
- ☐ Add rice and cook, stirring constantly, 1 minute.
- ☐ Add wine and simmer briskly, stirring constantly, until absorbed, about 1 minute. Stir in 1/2 cup broth and simmer briskly, stirring constantly, until broth is absorbed. Continue simmering and adding broth, about 1/2 cup at a time, stirring constantly and letting each addition be absorbed before adding the next, until rice is just tender and creamy-looking, 18 to 22 minutes. (Reserve leftover broth.)
- ☐ Stir in beets, salt, and pepper (mixture will turn bright pink) and cook, stirring, until heated through. Thin as necessary with some of leftover broth, then stir in cheese and remove from heat.

Nutrition Facts



 PROTEIN **18.46%**  FAT **31.28%**  CARBS **50.26%**

Properties

Glycemic Index:35, Glycemic Load:42.09, Inflammation Score:-7, Nutrition Score:16.010869585949%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 471.98kcal (23.6%), Fat: 15.76g (24.24%), Saturated Fat: 7.28g (45.51%), Carbohydrates: 56.98g (18.99%), Net Carbohydrates: 54.89g (19.96%), Sugar: 1.17g (1.3%), Cholesterol: 26.07mg (8.69%), Sodium: 1051.38mg (45.71%), Alcohol: 2.06g (100%), Alcohol %: 0.65% (100%), Protein: 20.93g (41.86%), Calcium: 470.49mg (47.05%), Folate: 158.12µg (39.53%), Phosphorus: 377.71mg (37.77%), Manganese: 0.76mg (37.75%), Selenium: 18.7µg (26.72%), Vitamin B1: 0.4mg (26.36%), Vitamin B3: 4.75mg (23.77%), Iron: 3.53mg (19.61%), Zinc: 1.98mg (13.2%), Copper: 0.25mg (12.43%), Vitamin B2: 0.21mg (12.18%), Vitamin B5: 1.05mg (10.51%), Vitamin B12: 0.6µg (9.97%), Magnesium: 38.16mg (9.54%), Vitamin B6: 0.19mg (9.33%), Fiber: 2.09g (8.37%), Potassium: 238.65mg (6.82%), Vitamin A: 306.21IU (6.12%), Vitamin E: 0.76mg (5.07%), Vitamin K: 3.86µg (3.68%), Vitamin D: 0.19µg (1.28%), Vitamin C: 0.98mg (1.19%)