



Roasted Cauliflower Risotto

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

736 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 1 head cauliflower chopped cut into 1/2-inch pieces, stems
- ☐ 0.5 cup cooking wine dry white
- ☐ 1.5 cups fontina italian grated
- ☐ 0.5 cup parsley fresh roughly chopped
- ☐ 1 clove garlic minced
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 3 cups chicken broth low-sodium
- ☐ 3 tablespoons olive oil extra-virgin

- ☐ 0.5 medium onion finely chopped
- ☐ 1.5 cups short-grain rice italian such as arborio or vialone nano
- ☐ 2 tablespoons butter unsalted

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Position racks in the upper and lower thirds of the oven and preheat to 475 degrees F. Toss the cauliflower florets with 1 tablespoon olive oil on a baking sheet.
- ☐ Spread in a single layer and season with salt and pepper. Roast on the upper oven rack, 5 minutes.
- ☐ Add the almonds and roast until the cauliflower is tender, about 15 more minutes.
- ☐ Meanwhile, heat the remaining 2 tablespoons olive oil in a Dutch oven over high heat.
- ☐ Add the onion and cauliflower stems and cook, stirring, until the onion is translucent, about 3 minutes.
- ☐ Add the rice and garlic and cook, stirring, 2 minutes.
- ☐ Add the wine and cook, stirring, until evaporated, 1 to 2 minutes.
- ☐ Add the broth, 2 cups water and 1 teaspoon salt; cover and bring to a boil.
- ☐ Transfer the pot to the lower oven rack and bake until the rice is tender, about 15 minutes.
- ☐ Remove the rice from the oven and add the butter, fontina and parsley, stirring vigorously until the risotto is creamy, 1 to 2 minutes. Divide among bowls and top with the roasted cauliflower and almonds.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



 PROTEIN **14.14%**  FAT **45.26%**  CARBS **40.6%**

Properties

Glycemic Index:63.75, Glycemic Load:49.12, Inflammation Score:-9, Nutrition Score:33.627825933954%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 16.21mg, Apigenin: 16.21mg, Apigenin: 16.21mg, Apigenin: 16.21mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.84mg, Isorhamnetin: 0.84mg, Isorhamnetin: 0.84mg, Isorhamnetin: 0.84mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

Nutrients (% of daily need)

Calories: 735.53kcal (36.78%), Fat: 36.37g (55.96%), Saturated Fat: 15.39g (96.2%), Carbohydrates: 73.43g (24.48%), Net Carbohydrates: 67.24g (24.45%), Sugar: 4.94g (5.49%), Cholesterol: 72.47mg (24.16%), Sodium: 694.18mg (30.18%), Alcohol: 3.09g (100%), Alcohol %: 0.75% (100%), Protein: 25.57g (51.14%), Vitamin K: 153.57µg (146.25%), Vitamin C: 80.51mg (97.59%), Folate: 275.23µg (68.81%), Manganese: 1.22mg (60.85%), Phosphorus: 403.09mg (40.31%), Vitamin B1: 0.53mg (35.6%), Calcium: 348.15mg (34.81%), Vitamin B3: 6.68mg (33.38%), Iron: 5.12mg (28.47%), Selenium: 19.88µg (28.41%), Vitamin B6: 0.51mg (25.36%), Vitamin A: 1259.06IU (25.18%), Fiber: 6.19g (24.76%), Zinc: 3.46mg (23.05%), Vitamin E: 3.45mg (23.03%), Potassium: 800.62mg (22.87%), Vitamin B5: 2.24mg (22.36%), Vitamin B2: 0.36mg (21.21%), Copper: 0.4mg (19.83%), Magnesium: 71.5mg (17.87%), Vitamin B12: 1.02µg (17.01%), Vitamin D: 0.4µg (2.68%)