



Roasted Chicken with Risotto and Caramelized Onions

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



623 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups arborio rice uncooked
- ☐ 0.3 cup balsamic vinegar
- ☐ 2 tablespoons butter
- ☐ 7 cups chicken broth hot
- ☐ 2 cups chicken breast cooked chopped
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 tablespoons thyme leaves fresh chopped

- ☐ 4 tablespoons olive oil divided
- ☐ 1 onion chopped
- ☐ 4 servings salt and pepper to taste

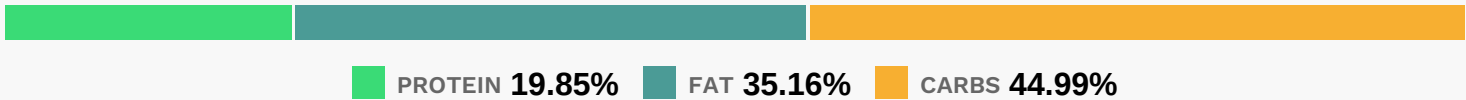
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat 2 tablespoons of the oil in a medium saucepan over medium heat. Stir in the onions and saute for 15 to 20 minutes, or until the onions are a dark golden brown.
- ☐ Remove from heat, stir in the balsamic vinegar and set aside.
- ☐ Heat the remaining oil in a separate large skillet over medium heat. Stir in the rice and mix well.
- ☐ Let heat for about 2 minutes, then pour in the wine. Reduce heat to medium low and start pouring in the broth about 1 cup at a time.
- ☐ Add more broth as each cup is absorbed. Continue in this manner until all the broth is absorbed and the rice is al dente, about 20 minutes.
- ☐ Stir in the reserved onion mixture and allow to heat through.
- ☐ Remove from heat and stir in the butter and chicken. Season with salt and pepper to taste, and garnish each serving with fresh thyme.

Nutrition Facts



Properties

Glycemic Index:67.25, Glycemic Load:49.1, Inflammation Score:-10, Nutrition Score:21.676086642172%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg,

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 623.48kcal (31.17%), Fat: 23.52g (36.18%), Saturated Fat: 6.42g (40.15%), Carbohydrates: 67.7g (22.57%), Net Carbohydrates: 64.65g (23.51%), Sugar: 5.47g (6.07%), Cholesterol: 82.78mg (27.59%), Sodium: 1823.2mg (79.27%), Alcohol: 1.54g (100%), Alcohol %: 0.31% (100%), Protein: 29.87g (59.73%), Vitamin B3: 13.7mg (68.49%), Manganese: 1.11mg (55.67%), Selenium: 32.51µg (46.45%), Folate: 183.21µg (45.8%), Vitamin B1: 0.57mg (38.3%), Vitamin B6: 0.6mg (30.06%), Iron: 5.09mg (28.3%), Phosphorus: 266.39mg (26.64%), Vitamin B2: 0.39mg (22.76%), Vitamin B5: 1.74mg (17.4%), Vitamin E: 2.54mg (16.92%), Copper: 0.29mg (14.43%), Magnesium: 53.57mg (13.39%), Zinc: 1.96mg (13.07%), Fiber: 3.06g (12.23%), Potassium: 402.05mg (11.49%), Vitamin C: 7.64mg (9.26%), Vitamin K: 9.3µg (8.86%), Vitamin A: 364.69IU (7.29%), Calcium: 57.29mg (5.73%), Vitamin B12: 0.33µg (5.54%)