



Romano Risotto with Radishes

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



527 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2.5 cups arborio rice
- ☐ 1 tablespoon chives finely chopped
- ☐ 0.7 cup wine dry white
- ☐ 3 garlic clove finely chopped
- ☐ 6 cups chicken broth reduced-sodium (48 fl ounces)
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 8 servings olive oil extra virgin extra-virgin for drizzling
- ☐ 1 cup onion finely chopped

- ☐ 0.5 cup pecorino cheese grated
- ☐ 1 pound radishes julienned trimmed
- ☐ 0.8 stick butter unsalted divided
- ☐ 2 cups water hot
- ☐ 1 tablespoon citrus champagne vinegar

Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring broth and water to a simmer in a 3-to 4-quart saucepan. Meanwhile, heat 3 tablespoons butter in a 4-to 5-quart heavy pot over medium heat until foam subsides, then cook onion, stirring occasionally, until just softened, about 5 minutes.
- ☐ Add garlic and cook, stirring occasionally, until softened, 6 to 8 minutes. Stir in rice and cook, stirring, 1 minute.
- ☐ Add wine and cook, stirring, until absorbed, about 1 minute.
- ☐ Stir 1 cup simmering broth into rice and cook, stirring constantly and keeping at a strong simmer, until absorbed. Continue cooking and adding broth, about 1 cup at a time, stirring frequently and letting each addition be absorbed before adding next, until rice is just tender and creamy-looking but still al dente, 18 to 22 minutes. Thin with some of remaining broth if necessary (you will have some left over).
- ☐ Remove from heat. Stir in cheese, 1 teaspoon salt, 1/2 teaspoon pepper, and remaining 3 tablespoon butter.
- ☐ Whisk together vinegar, oil, 1/4 teaspoon salt, and 1/8 teaspoon pepper. Toss radishes with dressing and chives.
- ☐ Serve risotto topped with radishes.

Nutrition Facts



 PROTEIN 8.06%  FAT 48.04%  CARBS 43.9%

Properties

Glycemic Index:32.25, Glycemic Load:40.12, Inflammation Score:-7, Nutrition Score:14.2999999983414%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.79mg, Pelargonidin: 35.79mg, Pelargonidin: 35.79mg, Pelargonidin: 35.79mg 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: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 527.06kcal (26.35%), Fat: 27.5g (42.31%), Saturated Fat: 9.12g (56.98%), Carbohydrates: 56.54g (18.85%), Net Carbohydrates: 53.51g (19.46%), Sugar: 2.39g (2.66%), Cholesterol: 29.28mg (9.76%), Sodium: 157.43mg (6.84%), Alcohol: 2.06g (100%), Alcohol %: 0.61% (100%), Protein: 10.38g (20.77%), Folate: 163.73µg (40.93%), Manganese: 0.76mg (37.96%), Vitamin B3: 5.2mg (26.02%), Vitamin B1: 0.38mg (25.03%), Iron: 3.48mg (19.31%), Phosphorus: 185.35mg (18.53%), Vitamin E: 2.53mg (16.89%), Selenium: 11.07µg (15.82%), Copper: 0.28mg (13.78%), Vitamin C: 10.45mg (12.67%), Fiber: 3.03g (12.12%), Vitamin K: 12.08µg (11.5%), Potassium: 389.66mg (11.13%), Vitamin B6: 0.22mg (10.95%), Calcium: 103mg (10.3%), Vitamin B5: 0.98mg (9.78%), Zinc: 1.27mg (8.49%), Vitamin B2: 0.14mg (8.35%), Magnesium: 29.69mg (7.42%), Vitamin A: 311.47IU (6.23%), Vitamin B12: 0.26µg (4.42%), Vitamin D: 0.19µg (1.27%)