



Romano Walnut Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



356 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup arborio rice uncooked
- ☐ 0.8 cup carrots chopped
- ☐ 0.5 cup chablis wine dry white
- ☐ 3 cups chicken broth ready-to-serve canned
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 cup green onions chopped
- ☐ 2 tablespoons butter melted
- ☐ 2 tablespoons olive oil

- ☐ 0.3 cup onion finely chopped
- ☐ 0.8 cup peas frozen english
- ☐ 0.3 cup romano cheese divided freshly grated
- ☐ 0.3 cup walnuts toasted chopped

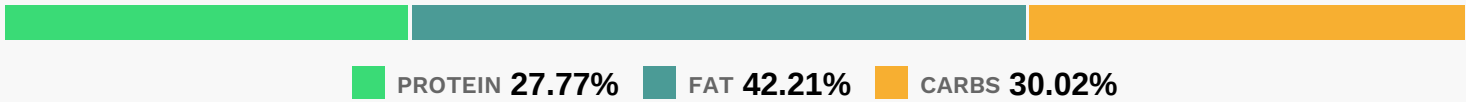
Equipment

- ☐ sauce pan

Directions

- ☐ Arrange peas and carrot in a vegetable steamer over boiling water. Cover and steam 8 minutes or until vegetables are tender. Set aside.
- ☐ Combine broth and wine in a medium saucepan; place over medium heat. Bring to a simmer; cover, reduce heat, and maintain a very low simmer.
- ☐ Saute chopped onion and green onions in margarine and hot olive oil in a medium saucepan over medium-high heat until tender.
- ☐ Add rice, and saute 4 minutes or until rice is translucent.
- ☐ Add 1/2 cup simmering broth mixture to rice mixture; stir constantly until most of the liquid is absorbed. Continue adding broth mixture, 1/2 cup at a time, stirring each time until liquid is absorbed (the entire process should take about 30 minutes). Stir in peas, carrot, 1/4 cup cheese, walnuts, and parsley.
- ☐ Sprinkle with remaining 2 tablespoons Romano cheese; serve immediately.

Nutrition Facts



Properties

Glycemic Index:40.77, Glycemic Load:16.91, Inflammation Score:-9, Nutrition Score:14.647825992626%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg 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: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 356.42kcal (17.82%), Fat: 16.01g (24.62%), Saturated Fat: 3.61g (22.56%), Carbohydrates: 25.61g (8.54%), Net Carbohydrates: 23.3g (8.47%), Sugar: 1.99g (2.21%), Cholesterol: 41.69mg (13.9%), Sodium: 452.64mg (19.68%), Alcohol: 1.54g (100%), Alcohol %: 1.16% (100%), Protein: 23.69g (47.39%), Vitamin A: 2509.59IU (50.19%), Vitamin K: 34.11µg (32.49%), Selenium: 18.88µg (26.98%), Manganese: 0.49mg (24.6%), Phosphorus: 204.21mg (20.42%), Folate: 79.84µg (19.96%), Zinc: 2.64mg (17.63%), Vitamin B3: 3.38mg (16.89%), Iron: 2.62mg (14.56%), Vitamin B1: 0.21mg (13.75%), Vitamin B6: 0.27mg (13.49%), Vitamin B12: 0.81µg (13.45%), Vitamin C: 8.81mg (10.67%), Copper: 0.19mg (9.37%), Magnesium: 36.95mg (9.24%), Fiber: 2.31g (9.24%), Vitamin B2: 0.14mg (8.26%), Potassium: 265.93mg (7.6%), Vitamin E: 1.02mg (6.8%), Calcium: 64.05mg (6.41%), Vitamin B5: 0.43mg (4.28%)