



Ruby Port and Rhubarb Risotto with Sugared Strawberries



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



321 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup rice medium-grain uncooked
- ☐ 2 tablespoons butter
- ☐ 2 ounces mascarpone cheese
- ☐ 0.1 teaspoon nutmeg freshly ground
- ☐ 0.7 cup port wine
- ☐ 1.5 cups rhubarb chopped
- ☐ 0.3 teaspoon salt

- ☐ 2 cups strawberries sliced
- ☐ 0.8 cup sugar divided
- ☐ 0.5 teaspoon vanilla extract
- ☐ 3.5 cups water divided
- ☐ 2 cups milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Combine strawberries and 1 tablespoon sugar in a small bowl. Set aside.
- ☐ Combine port and 1/4 cup sugar in a small saucepan over medium-high heat. Bring to a boil; cook 7 minutes or until slightly thickened. Stir in rhubarb; cook 7 minutes.
- ☐ Bring 3 1/2 cups water to a simmer in a small saucepan (do not boil). Keep warm over low heat.
- ☐ Combine milk, remaining 1/2 cup sugar, salt, and nutmeg in a separate saucepan; bring to a simmer (do not boil). Keep warm over low heat. Melt butter in a large Dutch oven.
- ☐ Add rice to pan; cook 1 minute, stirring constantly. Stir in 1 cup hot water; cook 3 minutes or until liquid is nearly absorbed, stirring constantly.
- ☐ Add remaining water, 1/2 cup at a time, stirring constantly until each portion of water is absorbed before adding the next.
- ☐ Add milk mixture, 1/2 cup at a time, stirring constantly until each portion of milk is absorbed before adding the next (about 30 minutes total). Stir in vanilla; cook 1 minute.
- ☐ Remove from heat; stir in mascarpone until cheese melts.
- ☐ Place about 1/2 cup risotto in each of 8 bowls. Top each serving with 2 tablespoons port mixture and 1/4 cup strawberry mixture.

Nutrition Facts



Properties

Glycemic Index:45.39, Glycemic Load:33.59, Inflammation Score:-6, Nutrition Score:9.2121738817381%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 1.37mg, Petunidin: 1.37mg, Petunidin: 1.37mg, Petunidin: 1.37mg Delphinidin: 0.89mg, Delphinidin: 0.89mg, Delphinidin: 0.89mg, Delphinidin: 0.89mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.8mg, Peonidin: 0.8mg, Peonidin: 0.8mg, Peonidin: 0.8mg Catechin: 3.59mg, Catechin: 3.59mg, Catechin: 3.59mg, Catechin: 3.59mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg 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: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 320.86kcal (16.04%), Fat: 8.36g (12.86%), Saturated Fat: 4.99g (31.16%), Carbohydrates: 51.67g (17.22%), Net Carbohydrates: 49.7g (18.07%), Sugar: 25.26g (28.06%), Cholesterol: 21.93mg (7.31%), Sodium: 131.02mg (5.7%), Alcohol: 3.15g (100%), Alcohol %: 1.32% (100%), Protein: 4.94g (9.88%), Vitamin C: 23mg (27.88%), Manganese: 0.52mg (25.96%), Folate: 78.68µg (19.67%), Vitamin B1: 0.22mg (14.56%), Calcium: 117.13mg (11.71%), Phosphorus: 104.27mg (10.43%), Selenium: 6.27µg (8.95%), Iron: 1.51mg (8.38%), Fiber: 1.97g (7.87%), Vitamin B3: 1.53mg (7.67%), Vitamin K: 7.92µg (7.55%), Potassium: 255.05mg (7.29%), Vitamin B2: 0.12mg (7.16%), Vitamin B5: 0.68mg (6.83%), Vitamin A: 313.19IU (6.26%), Magnesium: 24.54mg (6.14%), Copper: 0.11mg (5.61%), Vitamin B12: 0.34µg (5.59%), Vitamin B6: 0.11mg (5.52%), Zinc: 0.68mg (4.53%), Vitamin D: 0.67µg (4.47%), Vitamin E: 0.28mg (1.85%)