



Saffron Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



385 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup arborio rice
- ☐ 1 tablespoon butter
- ☐ 28 ounces chicken stock see
- ☐ 0.5 onion finely chopped
- ☐ 0.3 cup parmesan grated for garnish
- ☐ 1 pinch saffron threads
- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup wine

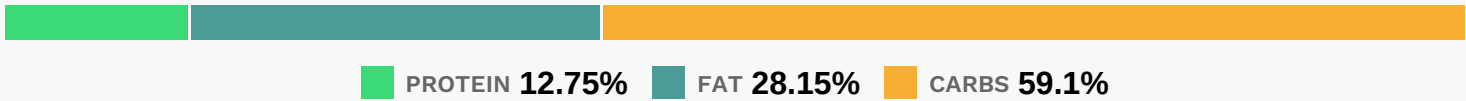
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ pot

Directions

- ☐ Bring stock to a low simmer in a medium pot.
- ☐ Heat oil in a medium saucepan over medium heat for 1 minute. Cook onion until translucent, about 3 minutes.
- ☐ Add rice and a pinch of salt. Sauté until rice is translucent, 1 to 2 minutes.
- ☐ Add wine and saffron; bring to a simmer, stirring, until rice has absorbed most of wine.
- ☐ Add 2 ladles of stock to rice; simmer, stirring, until rice has absorbed most of stock. Continue adding stock, allowing rice to absorb it before adding the next ladleful. Cook until rice is al dente and mixture is a little loose. Stir in butter. Turn off heat. Stir in grated cheese. Cover and let sit 2 minutes. Divide among 4 bowls.
- ☐ Garnish each with cheese shavings, if desired.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:67.75, Glycemic Load:31.88, Inflammation Score:-6, Nutrition Score:11.490869546066%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg

Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 384.83kcal (19.24%), Fat: 10.51g (16.17%), Saturated Fat: 4.06g (25.35%), Carbohydrates: 49.64g (16.55%), Net Carbohydrates: 48g (17.46%), Sugar: 4.35g (4.83%), Cholesterol: 17.73mg (5.91%), Sodium: 410.48mg (17.85%), Alcohol: 6.18g (100%), Alcohol %: 2.34% (100%), Protein: 10.71g (21.42%), Folate: 129.19µg (32.3%), Manganese: 0.61mg (30.56%), Vitamin B3: 5.29mg (26.46%), Vitamin B1: 0.36mg (24.26%), Selenium: 13.49µg (19.27%), Phosphorus: 160.11mg (16.01%), Iron: 2.78mg (15.43%), Vitamin B2: 0.23mg (13.37%), Vitamin B6: 0.26mg (12.95%), Copper: 0.22mg (11.1%), Calcium: 90.87mg (9.09%), Potassium: 315.85mg (9.02%), Magnesium: 29.67mg (7.42%), Zinc: 1.1mg (7.32%), Vitamin B5: 0.72mg (7.2%), Vitamin K: 7.3µg (6.95%), Fiber: 1.63g (6.54%), Vitamin E: 0.44mg (2.9%), Vitamin A: 142.57IU (2.85%), Vitamin C: 1.42mg (1.73%), Vitamin B12: 0.08µg (1.35%)