



Sage Risotto with Fresh Mozzarella and Prosciutto

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cups arborio rice
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 0.5 cup wine dry white
- ☐ 28 ounce fat-free less-sodium chicken broth fat-free canned
- ☐ 4 ounces fresh mozzarella cheese fresh finely chopped
- ☐ 1.5 tablespoons fresh sage fresh finely chopped

- ☐ 2 garlic cloves minced
- ☐ 1 cup leek finely chopped
- ☐ 0.3 cup pancetta chopped
- ☐ 0.3 teaspoon salt

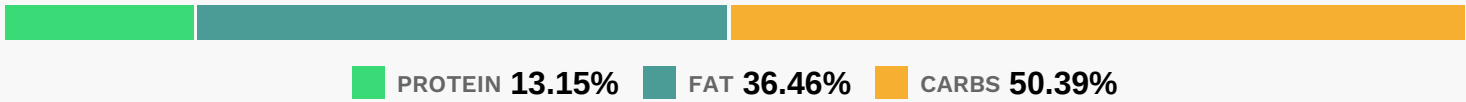
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring broth to a simmer in a medium saucepan (do not boil). Keep warm over low heat.
- ☐ Melt butter in a medium saut pan over medium heat.
- ☐ Add leek and garlic; cook for 3 minutes, stirring frequently.
- ☐ Add rice and 1/4 teaspoon salt; cook 1 minute, stirring constantly. Stir in wine; cook 2 minutes or until liquid is nearly absorbed, stirring constantly.
- ☐ Add broth, 1/2 cup at a time, stirring frequently until each portion of broth is absorbed before adding the next (about 20 minutes total). Stir in chopped sage, and cook for 2 minutes.
- ☐ Remove from heat; stir in mozzarella. Spoon 1 cup risotto into each of 4 bowls; top each serving with about 1 1/2 tablespoons prosciutto.
- ☐ Sprinkle with black pepper.
- ☐ Garnish with sage sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:40.45, Inflammation Score:0, Nutrition Score:20.569130524345%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 468.04kcal (23.4%), Fat: 17.85g (27.47%), Saturated Fat: 8.31g (51.95%), Carbohydrates: 55.52g (18.51%), Net Carbohydrates: 53.15g (19.33%), Sugar: 1.76g (1.96%), Cholesterol: 42.93mg (14.31%), Sodium: 1294.73mg (56.29%), Alcohol: 3.09g (100%), Alcohol %: 1.05% (100%), Protein: 14.49g (28.99%), Copper: 7.03mg (351.75%), Manganese: 1.09mg (54.4%), Folate: 163.06µg (40.76%), Selenium: 23.09µg (32.99%), Vitamin B1: 0.45mg (30.32%), Vitamin B3: 4.64mg (23.18%), Phosphorus: 227.3mg (22.73%), Iron: 3.97mg (22.04%), Vitamin B12: 1.15µg (19.13%), Calcium: 188.74mg (18.87%), Vitamin B6: 0.28mg (14.18%), Vitamin A: 658.13IU (13.16%), Zinc: 1.91mg (12.77%), Vitamin B5: 1.25mg (12.51%), Vitamin K: 11.7µg (11.15%), Vitamin B2: 0.18mg (10.88%), Magnesium: 38.11mg (9.53%), Fiber: 2.38g (9.5%), Potassium: 247.11mg (7.06%), Vitamin C: 3.14mg (3.8%), Vitamin E: 0.43mg (2.85%), Vitamin D: 0.19µg (1.28%)