



## Salle's Microwave Risotto

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



294 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 cup arborio uncooked
- 4.5 ounce chiles green drained chopped canned
- 3 cups low-salt chicken broth
- 1 tablespoon butter
- 1 tablespoon olive oil
- 0.3 cup onion fresh minced
- 0.3 teaspoon pepper
- 0.8 teaspoon salt

- 0.3 cup sun-dried tomatoes packed chopped
- 0.5 cup water boiling

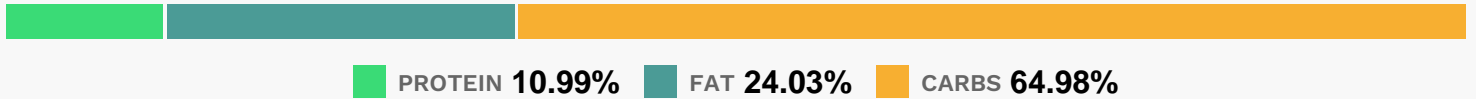
## Equipment

- baking pan
- microwave

## Directions

- Combine water and tomatoes. Cover; let stand 10 minutes.
- Drain; set aside.
- Combine margarine and oil in an 8-inch square baking dish. Microwave at HIGH 2 minutes. Stir in onion; microwave at HIGH 3 minutes. Stir in rice; microwave at HIGH 2 minutes. Stir in broth, salt, and pepper; microwave at HIGH 9 minutes. Stir in tomatoes and chiles; microwave at HIGH 8 minutes.
- Let stand 5 minutes, stirring frequently.

## Nutrition Facts



## Properties

Glycemic Index:42.75, Glycemic Load:32.49, Inflammation Score:-6, Nutrition Score:12.166521829108%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

## Nutrients (% of daily need)

Calories: 293.51kcal (14.68%), Fat: 7.95g (12.23%), Saturated Fat: 1.5g (9.37%), Carbohydrates: 48.36g (16.12%), Net Carbohydrates: 45.31g (16.48%), Sugar: 3.38g (3.76%), Cholesterol: 0mg (0%), Sodium: 658.71mg (28.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.18g (16.36%), Folate: 139.99µg (35%), Manganese: 0.68mg (33.98%), Vitamin B3: 5.32mg (26.61%), Vitamin B1: 0.33mg (21.91%), Iron: 3.6mg (20%), Vitamin C: 14.6mg (17.69%), Copper: 0.3mg (15.24%), Potassium: 484.79mg (13.85%), Phosphorus: 133.45mg (13.35%), Fiber: 3.05g (12.18%), Selenium: 8.1µg (11.57%), Vitamin B6: 0.18mg (9.05%), Vitamin B5: 0.83mg (8.35%), Magnesium: 29.84mg (7.46%),

Vitamin B2: 0.13mg (7.38%), Zinc: 0.92mg (6.14%), Vitamin K: 5.32µg (5.07%), Vitamin A: 226.42IU (4.53%), Vitamin E: 0.62mg (4.11%), Calcium: 33.49mg (3.35%), Vitamin B12: 0.18µg (3.01%)