



Sausage and Broccolini Risotto

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



780 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup arborio rice
- 8 ounces broccolini roughly chopped
- 14 ounce canned tomatoes diced canned
- 1 medium carrots finely chopped
- 0.3 cup cooking wine dry white
- 1 cup fontina grated
- 1 clove garlic minced
- 12 ounces sausage sweet italian

- 2 cups chicken broth low-sodium
- 0.5 medium onion finely chopped
- 3 tablespoons butter unsalted

Equipment

- bowl
- oven
- pot
- slotted spoon
- dutch oven

Directions

- Preheat the oven to 450 degrees F.
- Heat 1 tablespoon butter in a Dutch oven or ovenproof pot over high heat.
- Add the broccolini and stir-fry until just tender, 3 to 4 minutes.
- Transfer to a plate using a slotted spoon.
- Add the sausage, onion and carrot to the pot and cook, breaking up the meat, until browned, about 5 more minutes.
- Add the rice and garlic and cook, stirring, 1 more minute.
- Add the wine to the pot and cook until evaporated, about 2 minutes.
- Add the chicken broth, tomatoes and 1 cup water; cover and bring to a boil.
- Transfer the pot to the oven and bake until the rice is tender, about 15 minutes.
- Remove the pot from the oven. (Don't worry if the risotto seems wet; it will thicken when you add the cheese.) Vigorously stir in the remaining 2 tablespoons butter and the cheese until creamy, 1 to 2 minutes. Stir in the broccolini and divide among bowls.
- Photograph by Antonis Achilleos

Nutrition Facts

PROTEIN 15.74% **FAT 54.7%** **CARBS 29.56%**

Properties

Glycemic Index:73.46, Glycemic Load:34.54, Inflammation Score:-10, Nutrition Score:30.284782741381%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 780.17kcal (39.01%), Fat: 46.73g (71.88%), Saturated Fat: 21.65g (135.29%), Carbohydrates: 56.81g (18.94%), Net Carbohydrates: 52.18g (18.97%), Sugar: 7.87g (8.75%), Cholesterol: 125.49mg (41.83%), Sodium: 1082.61mg (47.07%), Alcohol: 2.06g (100%), Alcohol %: 0.52% (100%), Protein: 30.25g (60.5%), Vitamin A: 4325.6IU (86.51%), Vitamin C: 65.01mg (78.8%), Vitamin B1: 0.87mg (57.76%), Selenium: 34.34µg (49.05%), Manganese: 0.83mg (41.5%), Vitamin B3: 7.9mg (39.48%), Phosphorus: 366.19mg (36.62%), Folate: 143.23µg (35.81%), Iron: 5.36mg (29.76%), Vitamin B6: 0.59mg (29.29%), Calcium: 290.66mg (29.07%), Zinc: 3.72mg (24.77%), Vitamin B12: 1.46µg (24.4%), Copper: 0.44mg (22%), Potassium: 755.1mg (21.57%), Vitamin B2: 0.34mg (20.07%), Fiber: 4.63g (18.52%), Vitamin B5: 1.58mg (15.78%), Magnesium: 54.65mg (13.66%), Vitamin E: 1.68mg (11.18%), Vitamin K: 9.01µg (8.58%), Vitamin D: 0.36µg (2.37%)