



## Simple Risotto with Chicken and Arugula

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



881 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 cups arborio rice
- 4 cups arugula
- 0.3 teaspoon pepper black
- 1 cup cooking wine dry white
- 1 teaspoon kosher salt
- 4 cups chicken broth low-sodium
- 1 cup parmesan grated
- 1 rotisserie chicken cut

- 2 tablespoons butter unsalted
- 1 small onion yellow finely chopped

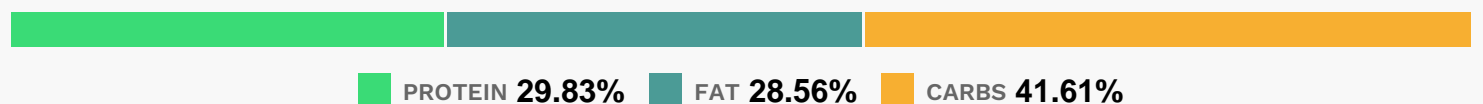
## Equipment

- bowl
- sauce pan
- stove

## Directions

- Melt the butter in a large saucepan over medium heat.
- Add the onion and cook for 3 minutes.
- Add the rice and cook, stirring constantly, for 2 minutes. Reduce heat to medium-low.
- Add the wine and cook, stirring frequently, until the liquid is absorbed.
- Add the broth, 1/2 cup at a time, stirring occasionally and waiting until it's absorbed before adding more. It should take about 30 minutes for all the broth to be absorbed. Just before removing the risotto from the stove, stir in the arugula and the shredded white meat from the chicken. Cook, stirring, until heated through, about 2 minutes.
- Remove from heat and stir in the Parmesan, salt, and pepper. Spoon into individual bowls.

## Nutrition Facts



## Properties

Glycemic Index:53.75, Glycemic Load:63.57, Inflammation Score:-8, Nutrition Score:22.099130506101%

## 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: 1.74mg, Isorhamnetin: 1.74mg, Isorhamnetin: 1.74mg, Isorhamnetin: 1.74mg Kaempferol: 7.1mg, Kaempferol: 7.1mg, Kaempferol: 7.1mg, Kaempferol: 7.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg

## Nutrients (% of daily need)

Calories: 881.46kcal (44.07%), Fat: 26.48g (40.74%), Saturated Fat: 11.54g (72.14%), Carbohydrates: 86.82g (28.94%), Net Carbohydrates: 83.37g (30.32%), Sugar: 2.27g (2.52%), Cholesterol: 176.05mg (58.68%), Sodium: 1584.06mg (68.87%), Alcohol: 6.18g (100%), Alcohol %: 1.27% (100%), Protein: 62.23g (124.46%), Folate: 256.31µg (64.08%), Manganese: 1.22mg (60.83%), Vitamin B1: 0.6mg (39.67%), Vitamin B3: 7.56mg (37.82%), Phosphorus: 367.45mg (36.75%), Calcium: 352.46mg (35.25%), Iron: 5.44mg (30.22%), Selenium: 21.01µg (30.01%), Vitamin K: 23.23µg (22.12%), Copper: 0.37mg (18.3%), Vitamin A: 845.81IU (16.92%), Vitamin B5: 1.55mg (15.46%), Zinc: 2.23mg (14.86%), Vitamin B6: 0.28mg (14.18%), Vitamin B2: 0.24mg (13.84%), Fiber: 3.45g (13.8%), Magnesium: 53.88mg (13.47%), Potassium: 447.37mg (12.78%), Vitamin B12: 0.55µg (9.13%), Vitamin C: 4.3mg (5.21%), Vitamin E: 0.31mg (2.05%), Vitamin D: 0.23µg (1.53%)