



## Simple Risotto with Roasted Tomatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



683 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 cups arborio rice
- 0.3 teaspoon pepper black
- 3 cups cherry tomatoes ()
- 1 cup cooking wine dry white
- 2 teaspoons thyme leaves fresh
- 1.5 teaspoon kosher salt
- 4 cups chicken broth low-sodium
- 2 tablespoons olive oil

- 1 cup parmesan grated
- 2 tablespoons butter unsalted
- 1 small onion yellow finely chopped

## Equipment

- bowl
- baking sheet
- sauce pan
- oven

## Directions

- Heat oven to 350 F.
- Place the tomatoes in a single layer on a rimmed baking sheet.
- Drizzle with the oil and season with 1/2 teaspoon salt. Roast until softened, about 45 minutes.
- Let cool for 10 minutes. Meanwhile, 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.
- Remove from heat and stir in the Parmesan, salt, and pepper, then stir in the tomatoes and thyme. Spoon into individual bowls.

## Nutrition Facts



**PROTEIN 13.48%** **FAT 29.83%** **CARBS 56.69%**

## Properties

Glycemic Index:57, Glycemic Load:63.48, Inflammation Score:-9, Nutrition Score:24.623043360917%

## 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 Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg 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: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg

## Nutrients (% of daily need)

Calories: 683.47kcal (34.17%), Fat: 21.23g (32.67%), Saturated Fat: 9.26g (57.86%), Carbohydrates: 90.79g (30.26%), Net Carbohydrates: 86.74g (31.54%), Sugar: 4.61g (5.12%), Cholesterol: 32.05mg (10.68%), Sodium: 1361.37mg (59.19%), Alcohol: 6.18g (100%), Alcohol %: 1.38% (100%), Protein: 21.58g (43.16%), Manganese: 1.29mg (64.39%), Folate: 251.88µg (62.97%), Vitamin B1: 0.63mg (41.8%), Vitamin B3: 8.12mg (40.58%), Phosphorus: 389.4mg (38.94%), Vitamin C: 28.38mg (34.39%), Iron: 6.12mg (34.02%), Calcium: 337.05mg (33.71%), Selenium: 21.51µg (30.73%), Copper: 0.44mg (22.02%), Vitamin A: 965.18IU (19.3%), Vitamin B6: 0.36mg (18.03%), Potassium: 623.41mg (17.81%), Fiber: 4.05g (16.21%), Vitamin B5: 1.61mg (16.06%), Zinc: 2.31mg (15.4%), Vitamin B2: 0.25mg (14.55%), Magnesium: 56.14mg (14.04%), Vitamin E: 1.86mg (12.37%), Vitamin B12: 0.55µg (9.13%), Vitamin K: 8.77µg (8.35%), Vitamin D: 0.23µg (1.53%)