



Slow-Cooker Lemon Scented Risotto

 Gluten Free

READY IN



135 min.

SERVINGS



12

CALORIES



216 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup butter
- 2 shallots finely chopped
- 2 cloves garlic finely chopped
- 2 cups arborio rice uncooked
- 1 cup wine
- 5.5 cups chicken broth (from two 32-oz cartons)
- 1 teaspoon thyme sprigs fresh chopped
- 0.5 teaspoon salt

- 0.5 teaspoon pepper freshly ground
- 1 cup parmesan cheese freshly grated
- 2 teaspoons lemon zest grated
- 1 tablespoon juice of lemon fresh
- 1 serving pepper fresh

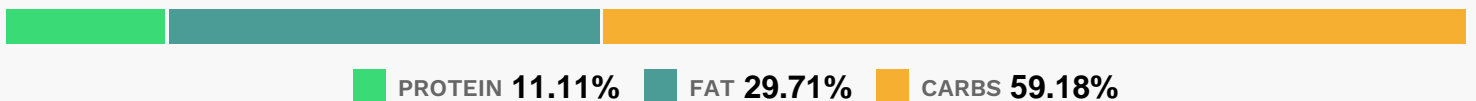
Equipment

- frying pan
- microwave
- measuring cup
- slow cooker

Directions

- Spray 3- to 4-quart slow cooker with cooking spray. In 12-inch nonstick skillet, melt 2 tablespoons of the butter over medium heat.
- Add shallots and garlic; cook 2 to 3 minutes, stirring frequently, until shallots are tender.
- Add rice; cook 2 to 3 minutes, stirring frequently, until edges of kernels are translucent. Stir in wine. Cook about 3 minutes longer, stirring constantly, until wine is absorbed.
- Pour rice mixture into slow cooker.
- In 8-cup microwavable measuring cup, microwave broth on High 2 minutes or until very hot.
- Pour into slow cooker. Stir in 1 teaspoon thyme, the salt and pepper.
- Cover; cook on High heat setting 2 hours. Stir in cheese, remaining 2 tablespoons butter, the lemon peel and lemon juice.
- Garnish with additional thyme, lemon peel and ground pepper.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:21.18, Inflammation Score:-5, Nutrition Score:6.7373912476975%

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 Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 215.76kcal (10.79%), Fat: 6.58g (10.13%), Saturated Fat: 3.79g (23.67%), Carbohydrates: 29.52g (9.84%), Net Carbohydrates: 28.36g (10.31%), Sugar: 1.04g (1.16%), Cholesterol: 19.57mg (6.52%), Sodium: 674.72mg (29.34%), Alcohol: 2.06g (100%), Alcohol %: 1.44% (100%), Protein: 5.54g (11.08%), Manganese: 0.46mg (23.06%), Folate: 79.66µg (19.91%), Vitamin B1: 0.22mg (14.57%), Selenium: 8.58µg (12.25%), Phosphorus: 97.27mg (9.73%), Iron: 1.68mg (9.33%), Calcium: 86.02mg (8.6%), Vitamin B3: 1.66mg (8.28%), Vitamin B2: 0.12mg (6.81%), Zinc: 0.86mg (5.73%), Vitamin B5: 0.5mg (5%), Copper: 0.1mg (4.91%), Vitamin B6: 0.1mg (4.82%), Fiber: 1.16g (4.65%), Vitamin A: 201.29IU (4.03%), Magnesium: 15.31mg (3.83%), Potassium: 95.38mg (2.73%), Vitamin B12: 0.14µg (2.37%), Vitamin C: 1.67mg (2.02%), Vitamin E: 0.2mg (1.34%)