



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
- ☐ 5.5 cups chicken broth (from two 32-oz cartons)
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons lemon zest grated
- ☐ 1 cup parmesan cheese freshly grated
- ☐ 0.5 teaspoon pepper freshly ground

- ☐ 0.5 teaspoon salt
- ☐ 2 shallots finely chopped
- ☐ 2 cups short grain rice uncooked
- ☐ 12 servings pepper fresh
- ☐ 1 cup wine

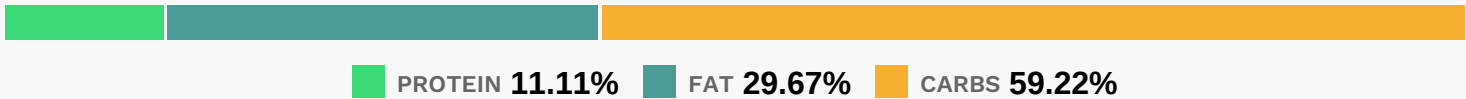
Equipment

- ☐ 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:21.2, Inflammation Score:-5, Nutrition Score:6.7869564877904%

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: 215.99kcal (10.8%), Fat: 6.59g (10.13%), Saturated Fat: 3.79g (23.68%), Carbohydrates: 29.58g (9.86%), Net Carbohydrates: 28.39g (10.32%), Sugar: 1.04g (1.16%), Cholesterol: 19.57mg (6.52%), Sodium: 674.74mg (29.34%), Alcohol: 2.06g (100%), Alcohol %: 1.44% (100%), Protein: 5.55g (11.1%), Manganese: 0.47mg (23.64%), Folate: 79.67µg (19.92%), Vitamin B1: 0.22mg (14.58%), Selenium: 8.58µg (12.26%), Phosphorus: 97.41mg (9.74%), Iron: 1.69mg (9.38%), Calcium: 86.43mg (8.64%), Vitamin B3: 1.66mg (8.28%), Vitamin B2: 0.12mg (6.82%), Zinc: 0.86mg (5.74%), Vitamin B5: 0.5mg (5.01%), Copper: 0.1mg (4.97%), Vitamin B6: 0.1mg (4.84%), Fiber: 1.19g (4.74%), Vitamin A: 201.79IU (4.04%), Magnesium: 15.46mg (3.87%), Potassium: 96.6mg (2.76%), Vitamin B12: 0.14µg (2.37%), Vitamin C: 1.67mg (2.02%), Vitamin E: 0.2mg (1.35%)