



## Slow Cooker Risotto

 Gluten Free

READY IN



145 min.

SERVINGS



6

CALORIES



295 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1.3 cups arborio rice
- 3.8 cups chicken broth
- 1 teaspoon onion flakes dried
- 4 cloves garlic minced
- 0.3 teaspoon ground pepper black
- 0.3 cup olive oil
- 0.7 cup parmesan cheese shredded
- 1 teaspoon salt

0.3 cup white wine

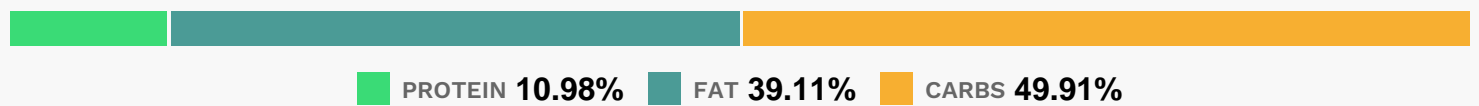
## Equipment

slow cooker

## Directions

Mix chicken broth, rice, olive oil, wine, garlic, onion flakes, salt, and black pepper in a slow cooker. Cook on High for 2 to 2 1/2 hours. Stir in Parmesan cheese; cook uncovered until Parmesan cheese is melted, about 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:31, Glycemic Load:26.42, Inflammation Score:-4, Nutrition Score:8.8147826764895%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 295.35kcal (14.77%), Fat: 12.41g (19.09%), Saturated Fat: 3.15g (19.66%), Carbohydrates: 35.64g (11.88%), Net Carbohydrates: 34.34g (12.49%), Sugar: 1.14g (1.27%), Cholesterol: 10.49mg (3.5%), Sodium: 1112.11mg (48.35%), Alcohol: 1.03g (100%), Alcohol %: 0.59% (100%), Protein: 7.84g (15.67%), Manganese: 0.57mg (28.5%), Folate: 98.57µg (24.64%), Vitamin B1: 0.28mg (18.62%), Calcium: 146.01mg (14.6%), Selenium: 9.72µg (13.88%), Phosphorus: 130.05mg (13.01%), Iron: 2.09mg (11.62%), Vitamin B3: 2.1mg (10.5%), Vitamin E: 1.38mg (9.22%), Vitamin B2: 0.15mg (8.72%), Vitamin B5: 0.63mg (6.29%), Vitamin B6: 0.12mg (6.23%), Copper: 0.12mg (6.21%), Zinc: 0.92mg (6.13%), Vitamin K: 5.85µg (5.57%), Fiber: 1.31g (5.22%), Magnesium: 18.35mg (4.59%), Potassium: 98.05mg (2.8%), Vitamin B12: 0.16µg (2.71%), Vitamin A: 90.5IU (1.81%), Vitamin C: 1.24mg (1.5%)