



Summer Vegetable Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



481 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons olive oil extra virgin
- 1 large garlic clove minced
- 1.5 cups arborio rice
- 0.5 cup wine
- 5 cups water hot
- 4 servings salt and pepper black
- 0.5 cup ears corn fresh sweet ()
- 0.5 cup bell pepper diced red (small dice)

- 2 spring onion chopped (white and green parts)
- 0.5 cup parmesan cheese grated
- 10 small basil
- 2 tablespoons butter unsalted

Equipment

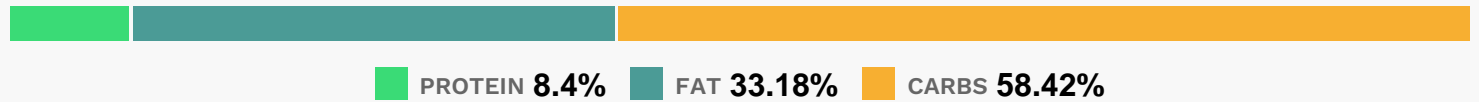
- bowl
- frying pan
- pot

Directions

- Heat the water: Bring the water to a simmer in a small pot.
- Sauté garlic and rice in olive oil: In another pot, heat the olive oil over medium-high heat. When the olive oil is shimmery hot, add the garlic and sauté until fragrant, about 30 seconds.
- Stir in the rice and coat with the olive oil. Sauté, stirring constantly, for 2-3 minutes, at which point the rice will begin to smell nutty.
- Add the white wine to the rice and stir. From this point on, you will be stirring the risotto rice almost constantly. After a minute or two the rice will have absorbed the wine and when you stir, the spoon will leave streaks on the bottom of the pan.
- Start adding water, a cup at a time:
- Add a cup of the hot water to the pot.
- Add a generous pinch of salt. Stir until the water has been absorbed by the rice and your spoon is again leaving a trail at the bottom of the pan.
- Add another cup of hot water and repeat.
- Add the corn and bell pepper: When the second cup of water is absorbed, add the corn and red bell pepper.
- Add another cup of water and stir until it is absorbed.
- Repeat with another cup of water and another healthy pinch of salt.
- Stir in the green onions and Parmesan: By now the rice should be close to being done; it should be fully cooked but still al dente, a little firm, not completely soft. When the rice reaches this stage, stir in the green onions and grated parmesan.

- When the water has been completely absorbed, add a little more water so the risotto is loose. The risotto should fill a bowl, not sit on a plate.
- Stir in the basil and butter, and sprinkle with black pepper to taste. Once the butter has melted, serve at once.

Nutrition Facts



Properties

Glycemic Index:65.25, Glycemic Load:47.47, Inflammation Score:-8, Nutrition Score:16.936521628629%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 481.49kcal (24.07%), Fat: 16.89g (25.98%), Saturated Fat: 6.68g (41.73%), Carbohydrates: 66.92g (22.31%), Net Carbohydrates: 63.88g (23.23%), Sugar: 2.37g (2.63%), Cholesterol: 25.92mg (8.64%), Sodium: 435.08mg (18.92%), Alcohol: 3.09g (100%), Alcohol %: 0.83% (100%), Protein: 9.62g (19.24%), Folate: 195.23µg (48.81%), Manganese: 0.91mg (45.41%), Vitamin C: 26.61mg (32.26%), Vitamin B1: 0.47mg (31.48%), Selenium: 16.07µg (22.96%), Vitamin K: 22.59µg (21.51%), Iron: 3.66mg (20.33%), Vitamin A: 1012.73IU (20.25%), Vitamin B3: 3.68mg (18.39%), Phosphorus: 182.48mg (18.25%), Calcium: 135.31mg (13.53%), Vitamin B5: 1.23mg (12.27%), Fiber: 3.04g (12.17%), Vitamin B6: 0.24mg (11.96%), Copper: 0.24mg (11.82%), Zinc: 1.61mg (10.73%), Vitamin E: 1.58mg (10.55%), Magnesium: 38.7mg (9.67%), Vitamin B2: 0.12mg (6.95%), Potassium: 213.84mg (6.11%), Vitamin B12: 0.18µg (3.01%), Vitamin D: 0.17µg (1.12%)