



Sweet Potato Risotto

 Gluten Free

READY IN



38 min.

SERVINGS



4

CALORIES



230 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup arborio rice uncooked
- 3.8 cups chicken broth warmed (from 32-oz carton)
- 2 tablespoons wine dry white
- 0.5 teaspoon rosemary leaves dried fresh chopped
- 1 garlic clove finely chopped
- 0.1 teaspoon nutmeg
- 0.3 cup onion chopped
- 2 tablespoons parmesan cheese grated

0.5 cup sweet potatoes and into cooked mashed

Equipment

sauce pan

Directions

Spray 3-quart nonstick saucepan with cooking spray.

Heat wine to boiling in saucepan over medium-high heat. Cook onion and garlic in wine 3 to 4 minutes, stirring frequently, until onion is tender. Stir in rice. Cook 1 minute, stirring constantly.

Stir in sweet potato and 1/2 cup of the broth. Cook, stirring constantly, until liquid is completely absorbed. Stir in an additional 1/2 cup broth. Continue cooking about 20 minutes, stirring constantly and adding broth 1/2 cup at a time after previous additions have been absorbed, until rice is creamy and just tender; remove from heat.

Stir in remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:70.5, Glycemic Load:33.34, Inflammation Score:-9, Nutrition Score:11.058260834087%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg 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: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 229.99kcal (11.5%), Fat: 1.47g (2.26%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 45.92g (15.31%), Net Carbohydrates: 43.77g (15.91%), Sugar: 2.31g (2.56%), Cholesterol: 6.58mg (2.19%), Sodium: 871.8mg (37.9%), Alcohol: 0.77g (100%), Alcohol %: 0.31% (100%), Protein: 5.86g (11.73%), Vitamin A: 2385.38IU (47.71%), Manganese: 0.71mg (35.27%), Folate: 120.17µg (30.04%), Vitamin B1: 0.35mg (23.38%), Selenium: 9.59µg (13.7%), Iron: 2.45mg

(13.59%), Vitamin B3: 2.66mg (13.32%), Vitamin B2: 0.18mg (10.49%), Phosphorus: 86.48mg (8.65%), Copper: 0.17mg (8.63%), Fiber: 2.16g (8.62%), Vitamin B5: 0.83mg (8.29%), Vitamin B6: 0.15mg (7.57%), Zinc: 0.9mg (6.03%), Magnesium: 21.13mg (5.28%), Potassium: 166.38mg (4.75%), Calcium: 42.65mg (4.27%), Vitamin C: 1.62mg (1.97%), Vitamin B12: 0.08µg (1.3%)