



Sweet Potato Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



463 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup arborio rice
- 1 cup cooking wine dry white
- 2 cloves garlic chopped
- 4 servings kosher salt and pepper black
- 2 tablespoons olive oil
- 1 large onion finely chopped
- 2 teaspoons oregano fresh chopped
- 2 ounces parmesan grated

1 pound sweet potatoes peeled cut into 1/4-inch pieces

Equipment

sauce pan

Directions

- Heat the oil in a large saucepan over medium heat.
- Add the onion, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Cook, stirring occasionally, until soft, 4 to 6 minutes.
- Add the sweet potatoes and garlic and cook, stirring occasionally, for 2 minutes.
- Add the rice and cook, stirring, for 2 minutes.
- Add the wine and cook, stirring frequently, until absorbed. Measure 3 1/2 cups of water.
- Add 3/4 cup at a time and cook, stirring occasionally and waiting until each addition is absorbed before adding the next. It should take 25 to 30 minutes for all the water to be absorbed. Stir in the Parmesan and oregano. Substitution: Any flavorful winter squash can be used in place of the sweet potatoes in this recipe. Try butternut, delicata, or hubbard squash.

Nutrition Facts


PROTEIN 10.25% **FAT 23.77%** **CARBS 65.98%**

Properties

Glycemic Index:61, Glycemic Load:43.85, Inflammation Score:-10, Nutrition Score:20.466956458662%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg

Nutrients (% of daily need)

Calories: 463.05kcal (23.15%), Fat: 11.07g (17.02%), Saturated Fat: 3.42g (21.34%), Carbohydrates: 69.1g (23.03%), Net Carbohydrates: 63.2g (22.98%), Sugar: 7.08g (7.86%), Cholesterol: 9.64mg (3.21%), Sodium: 488.88mg (21.26%), Alcohol: 6.18g (100%), Alcohol %: 2.75% (100%), Protein: 10.74g (21.48%), Vitamin A: 16216.39IU (324.33%), Manganese: 1.01mg (50.4%), Folate: 139.11µg (34.78%), Vitamin B1: 0.4mg (26.77%), Calcium: 236.25mg (23.62%), Fiber: 5.9g (23.58%), Phosphorus: 224.62mg (22.46%), Vitamin B6: 0.44mg (21.97%), Iron: 3.6mg (19.99%), Vitamin B5: 1.71mg (17.06%), Selenium: 11.93µg (17.04%), Potassium: 549.27mg (15.69%), Copper: 0.31mg (15.44%), Magnesium: 58.92mg (14.73%), Vitamin B3: 2.89mg (14.46%), Vitamin K: 13.13µg (12.5%), Vitamin E: 1.53mg (10.17%), Vitamin B2: 0.17mg (9.78%), Zinc: 1.46mg (9.74%), Vitamin C: 5.99mg (7.26%), Vitamin B12: 0.17µg (2.83%)