



Sweet Risotto with Buttermilk and Sultanas



Vegetarian



Gluten Free



Popular

READY IN



50 min.

SERVINGS



6

CALORIES



404 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup amaretto
- ☐ 2 tablespoons butter
- ☐ 2 cups cultured buttermilk
- ☐ 1 tablespoon cardamom pods
- ☐ 1 cinnamon sticks
- ☐ 0.3 cup honey
- ☐ 1 juice of orange juiced (and zested)
- ☐ 4 cups milk (preferably not ultrapasteurized)

- ☐ 0.5 cup carnaroli rice
- ☐ 0.5 cup sultanas (or substitute raisins)
- ☐ 2 vanilla beans

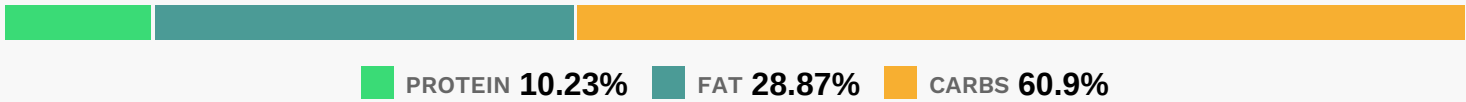
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Place the sultanas in a small bowl, and cover them with amaretto. Allow them to plump in the liquor while you prepare the other ingredients.
- ☐ Pour milk and buttermilk together in a 2-quart saucepan. Drop the spices into the milk, and stir in honey. Warm the liquid ingredients over medium-low heat for 10 minutes, taking care not to let them boil. Melt butter in a wide skillet over medium-low heat. When it froths, stir in the rice. Stir the rice frequently until its edges become slightly translucent, then stir in the orange zest. Stir in the sultanas and amaretto. Working 1/2 cup at a time, strain the milk through a fine-mesh sieve into your rice. Stir the rice continually until all the liquid is absorbed, then strain the remaining milk – a 1/2 cup at a time – into the rice until it is all absorbed. Stir in the orange juice into the rice, and continue stirring until all the liquid is absorbed and the rice is tender and cooked through.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:58.52, Glycemic Load:25.34, Inflammation Score:-5, Nutrition Score:11.881739155106%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin:

0.21mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 404.22kcal (20.21%), Fat: 12.2g (18.77%), Saturated Fat: 7.02g (43.89%), Carbohydrates: 57.9g (19.3%), Net Carbohydrates: 56.57g (20.57%), Sugar: 41.55g (46.17%), Cholesterol: 38.35mg (12.78%), Sodium: 180.71mg (7.86%), Alcohol: 5.11g (100%), Alcohol %: 1.98% (100%), Caffeine: 5.11mg (1.7%), Protein: 9.73g (19.46%), Calcium: 316.02mg (31.6%), Manganese: 0.62mg (30.82%), Phosphorus: 270.83mg (27.08%), Vitamin B2: 0.41mg (24.05%), Vitamin B12: 1.25µg (20.91%), Vitamin D: 2.83µg (18.86%), Potassium: 510.39mg (14.58%), Selenium: 8.75µg (12.5%), Vitamin B5: 1.12mg (11.23%), Vitamin A: 533.86IU (10.68%), Vitamin B6: 0.2mg (10.21%), Vitamin B1: 0.15mg (10.17%), Magnesium: 40.4mg (10.1%), Zinc: 1.32mg (8.8%), Vitamin C: 5.71mg (6.92%), Copper: 0.12mg (6.21%), Fiber: 1.33g (5.32%), Vitamin B3: 0.74mg (3.7%), Iron: 0.66mg (3.69%), Folate: 9.15µg (2.29%), Vitamin E: 0.29mg (1.96%), Vitamin K: 1.68µg (1.6%)