



Toasted Pecan Risotto

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



80 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 16 oz arborio rice
- 4 cups chicken broth divided
- 0.3 cup parsley fresh chopped
- 2 cloves garlic minced
- 1 Tbsp olive oil
- 1 medium onion chopped
- 0.5 cup polly-o parmesan cheese shredded
- 1 cup planters pecan pieces toasted

Equipment

frying pan

Directions

Heat oil in large skillet.

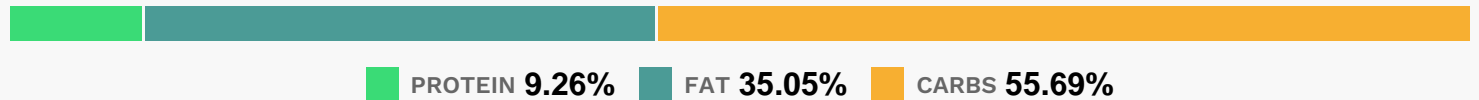
Add rice, onion and garlic. Cook until onion is tender, stirring frequently.

Add 1 cup of the broth; cook until all of liquid is absorbed, stirring constantly. Repeat with remaining broth, adding 1 cup of broth at a time and cooking until all of the broth is added, liquid is absorbed and rice is just tender.

Add remaining ingredients; mix well.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:5.94, Glycemic Load:8.22, Inflammation Score:-2, Nutrition Score:3.2134782226513%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.92mg, Apigenin: 0.92mg, Apigenin: 0.92mg, Apigenin: 0.92mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 80.33kcal (4.02%), Fat: 3.14g (4.83%), Saturated Fat: 0.51g (3.16%), Carbohydrates: 11.23g (3.74%), Net Carbohydrates: 10.5g (3.82%), Sugar: 0.39g (0.43%), Cholesterol: 1.51mg (0.5%), Sodium: 123.06mg (5.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.74%), Manganese: 0.29mg (14.74%), Folate: 31.98µg

(7.99%), Vitamin K: 7.42µg (7.06%), Vitamin B1: 0.1mg (6.81%), Iron: 0.7mg (3.87%), Selenium: 2.54µg (3.64%), Copper: 0.07mg (3.57%), Phosphorus: 33.35mg (3.33%), Vitamin B3: 0.64mg (3.21%), Fiber: 0.73g (2.93%), Zinc: 0.35mg (2.36%), Calcium: 22.19mg (2.22%), Vitamin B5: 0.21mg (2.09%), Magnesium: 8.22mg (2.05%), Vitamin B2: 0.03mg (1.9%), Vitamin B6: 0.04mg (1.81%), Vitamin C: 0.89mg (1.08%), Potassium: 36.42mg (1.04%)