



## Tofu and Artichoke Risotto

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



293 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup apple juice
- 8 servings cayenne pepper to taste
- 2 cloves garlic minced
- 8.8 ounce low salt corn yellow canned
- 1 tablespoon butter unsalted
- 6.5 ounce marinated artichoke hearts drained
- 2 tablespoons olive oil
- 1 small onion chopped

- 2 cups carnaroli rice uncooked
- 0.3 cup soy milk
- 8 ounce spicy tofu firm cubed
- 6 cups vegetable stock

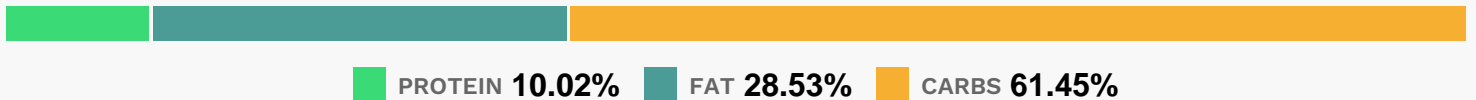
## Equipment

- sauce pan

## Directions

- In a large saucepan over medium heat, heat oil and margarine. Stir in 1/2 the onion, and saute until tender. Stir in the rice, and cook until lightly browned.
- Pour soy milk and apple juice into the rice. When the rice has absorbed the liquids, gradually pour in vegetable stock, about 1/2 cup at a time, until absorbed. Reserve about 1/4 cup stock. Cover, and cook about 20 minutes, until rice is tender.
- In a medium saucepan over medium heat, lightly brown the tofu and remaining onion in the reserved marinated artichoke heart liquid. Stir in the garlic.
- Remove the rice from heat, and thoroughly mix remaining vegetable stock, tofu mixture, artichoke hearts, corn, and cayenne pepper into the rice.

## Nutrition Facts



## Properties

Glycemic Index:35.54, Glycemic Load:24.2, Inflammation Score:-8, Nutrition Score:7.6139130773752%

## Flavonoids

Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

## Nutrients (% of daily need)

Calories: 293.12kcal (14.66%), Fat: 9.24g (14.21%), Saturated Fat: 1.37g (8.58%), Carbohydrates: 44.75g (14.92%), Net Carbohydrates: 42.71g (15.53%), Sugar: 3.43g (3.81%), Cholesterol: 0mg (0%), Sodium: 826.93mg (35.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.3g (14.59%), Vitamin A: 1529.85IU (30.6%), Manganese: 0.57mg (28.64%), Selenium: 7.49µg (10.7%), Vitamin C: 7.85mg (9.52%), Vitamin E: 1.39mg (9.3%), Vitamin B6: 0.17mg (8.32%), Fiber: 2.04g (8.17%), Vitamin B3: 1.6mg (8.02%), Phosphorus: 72.98mg (7.3%), Calcium: 72.07mg (7.21%), Copper: 0.14mg (7.03%), Iron: 1.19mg (6.63%), Vitamin B5: 0.49mg (4.89%), Potassium: 154.91mg (4.43%), Zinc: 0.63mg (4.18%), Vitamin B2: 0.07mg (4.13%), Magnesium: 16.42mg (4.1%), Vitamin K: 3.81µg (3.63%), Vitamin B1: 0.05mg (3.39%), Folate: 9.88µg (2.47%), Vitamin B12: 0.11µg (1.87%)