



Tomato and Mozzarella Risotto

 Vegetarian  Gluten Free

READY IN



27 min.

SERVINGS



4

CALORIES



365 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.3 cups arborio rice uncooked
- ☐ 2 cups baby spinach fresh
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.8 cup canned tomatoes canned crushed
- ☐ 0.3 cup basil fresh finely chopped
- ☐ 0.5 cup mozzarella fresh chopped
- ☐ 1 tablespoon garlic fresh minced
- ☐ 0.1 teaspoon kosher salt

- ☐ 4 teaspoons olive oil extra virgin extra-virgin divided
- ☐ 0.5 cup onion finely chopped
- ☐ 1 tablespoon butter unsalted
- ☐ 3.3 cups vegetable stock organic

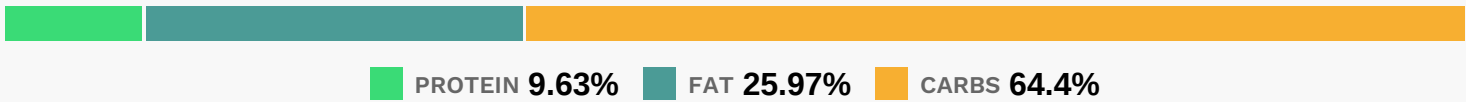
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring vegetable broth to a simmer in a medium saucepan (do not boil). Keep warm over low heat.
- ☐ Melt butter in a large saucepan over medium heat.
- ☐ Add onion and garlic to pan; saut 2 minutes or until onion is tender, stirring frequently.
- ☐ Add rice to pan; cook for 1 minute, stirring constantly.
- ☐ Add 1/2 cup broth to rice mixture; cook for 5 minutes or until the liquid is nearly absorbed, stirring constantly. Reserve 1/3 cup broth.
- ☐ Add remaining broth, 1/4 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 22 minutes total). Stir in tomatoes; cook for 1 minute.
- ☐ Add cheese, pepper, and salt to rice mixture, stirring constantly until cheese melts.
- ☐ Remove from heat; stir in reserved 1/3 cup broth, spinach, and basil.
- ☐ Place 1 cup risotto in each of 4 shallow bowls.
- ☐ Drizzle 1 teaspoon oil over each serving.

Nutrition Facts



Properties

Glycemic Index:95.75, Glycemic Load:41.94, Inflammation Score:-9, Nutrition Score:19.281739307486%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg

Nutrients (% of daily need)

Calories: 365.36kcal (18.27%), Fat: 10.52g (16.19%), Saturated Fat: 4.32g (26.99%), Carbohydrates: 58.72g (19.57%), Net Carbohydrates: 55.34g (20.12%), Sugar: 4.7g (5.22%), Cholesterol: 18.58mg (6.2%), Sodium: 998.26mg (43.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.78g (17.55%), Vitamin K: 84.37µg (80.36%), Manganese: 0.96mg (48.13%), Folate: 185.36µg (46.34%), Vitamin A: 2173.3IU (43.47%), Vitamin B1: 0.42mg (27.81%), Iron: 3.86mg (21.45%), Selenium: 12.67µg (18.1%), Vitamin B3: 3.3mg (16.51%), Phosphorus: 141.54mg (14.15%), Fiber: 3.38g (13.52%), Vitamin C: 10.76mg (13.05%), Vitamin B6: 0.26mg (13.05%), Copper: 0.26mg (12.86%), Calcium: 115.21mg (11.52%), Vitamin E: 1.57mg (10.5%), Magnesium: 41.85mg (10.46%), Vitamin B5: 1.01mg (10.05%), Zinc: 1.37mg (9.15%), Potassium: 318.99mg (9.11%), Vitamin B2: 0.13mg (7.75%), Vitamin B12: 0.33µg (5.42%)