



Tomato-Basil Risotto

 Gluten Free

READY IN



33 min.

SERVINGS



4

CALORIES



391 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup arborio rice uncooked
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter divided
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 tablespoons olive oil
- ☐ 1.3 cups onion chopped
- ☐ 0.5 cup parmesan fresh grated
- ☐ 1 cup tomatoes drained chopped

- ☐ 4 cups vegetable stock fat-free
- ☐ 0.3 cup wine

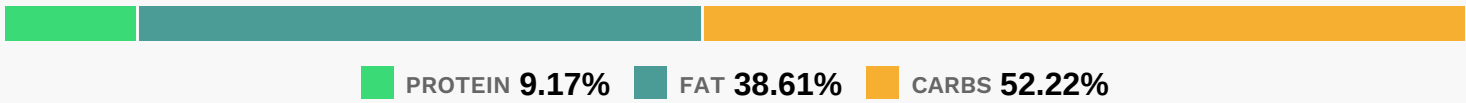
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring broth to a simmer in a 3-quart saucepan (do not boil). Keep warm over low heat.
- ☐ Heat a deep 10-inch skillet over medium heat. Melt 1 tablespoon butter with olive oil in pan; cook until butter melts.
- ☐ Add onion; saut 5 minutes or until tender.
- ☐ Add rice; cook 1 minute, stirring constantly. Stir in wine; cook 30 seconds or until liquid is nearly absorbed, stirring constantly. Stir in 1 cup broth; cook 5 minutes or until liquid is nearly absorbed, stirring constantly.
- ☐ Add remaining broth, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 14 minutes).
- ☐ Remove from heat; stir in remaining 1 tablespoon butter, cheese, and remaining ingredients. Cover and let stand 2 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:96.5, Glycemic Load:34.26, Inflammation Score:-8, Nutrition Score:12.362174082062%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 10.37mg, Quercetin: 10.37mg, Quercetin: 10.37mg, Quercetin: 10.37mg

Nutrients (% of daily need)

Calories: 391.37kcal (19.57%), Fat: 16.3g (25.08%), Saturated Fat: 6.72g (41.99%), Carbohydrates: 49.61g (16.54%), Net Carbohydrates: 46.86g (17.04%), Sugar: 5.35g (5.94%), Cholesterol: 23.55mg (7.85%), Sodium: 1190.58mg (51.76%), Alcohol: 1.54g (100%), Alcohol %: 0.47% (100%), Protein: 8.71g (17.42%), Manganese: 0.67mg (33.65%), Folate: 132.52µg (33.13%), Vitamin A: 1137.83IU (22.76%), Vitamin B1: 0.33mg (21.72%), Calcium: 170.15mg (17.01%), Phosphorus: 162.83mg (16.28%), Selenium: 10.71µg (15.3%), Iron: 2.55mg (14.16%), Vitamin B3: 2.4mg (12%), Vitamin K: 12.47µg (11.88%), Fiber: 2.74g (10.98%), Vitamin C: 8.98mg (10.89%), Vitamin B6: 0.2mg (9.81%), Vitamin E: 1.42mg (9.46%), Vitamin B5: 0.81mg (8.13%), Copper: 0.16mg (7.83%), Zinc: 1.08mg (7.17%), Magnesium: 28.59mg (7.15%), Potassium: 227.79mg (6.51%), Vitamin B2: 0.09mg (5.39%), Vitamin B12: 0.16µg (2.7%)