



Truffle-Scented Risotto in Phyllo

READY IN



45 min.

SERVINGS



12

CALORIES



81 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup arborio rice uncooked
- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons butter
- ☐ 2 tablespoons wine dry white
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 teaspoon thyme sprigs fresh minced
- ☐ 1 garlic clove minced
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup onion finely chopped

- ☐ 2 tablespoons parmesan fresh grated
- ☐ 6 sheets dough frozen thawed
- ☐ 0.5 teaspoon sea salt fine
- ☐ 1 teaspoon truffle oil white
- ☐ 1.5 cups water

Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ muffin liners
- ☐ cutting board
- ☐ pizza cutter

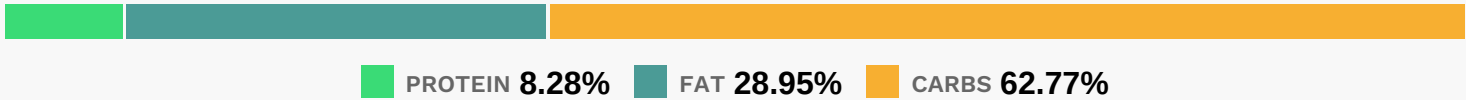
Directions

- ☐ Heat olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion; saute 3 minutes.
- ☐ Add thyme and garlic; saute 1 minute. Stir in rice; saute 1 minute. Stir in wine; cook 1 minute or until liquid is nearly absorbed, stirring constantly.
- ☐ Add water and salt; bring to a boil. Cover, reduce heat, and simmer 18 minutes.
- ☐ Remove from heat. Stir in cheese, butter, truffle oil, and pepper. Cool.
- ☐ Preheat oven to 37
- ☐ Place 1 phyllo sheet on a large cutting board or work surface (cover remaining dough to keep from drying); lightly coat sheet with cooking spray. Repeat layers with remaining phyllo and cooking spray, ending with phyllo. Gently press phyllo layers together. Lightly coat top phyllo sheet with cooking spray.
- ☐ Cut phyllo layers into 24 (1 1/2-inch) squares using a sharp knife or pizza cutter.
- ☐ Carefully place 1 layered square in each of 24 miniature muffin cups coated with cooking spray; gently press squares into pan to form cups.
- ☐ Bake at 375 for 5 minutes or until crisp.

- ☐
- Remove phyllo cups from pan. Fill each cup with 1 tablespoon risotto.

☐

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:7.2, Inflammation Score:-3, Nutrition Score:2.9904347981286%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 81.03kcal (4.05%), Fat: 2.52g (3.88%), Saturated Fat: 0.86g (5.37%), Carbohydrates: 12.29g (4.1%), Net Carbohydrates: 11.74g (4.27%), Sugar: 0.25g (0.27%), Cholesterol: 2.36mg (0.79%), Sodium: 163.81mg (7.12%), Alcohol: 0.26g (100%), Alcohol %: 0.56% (100%), Protein: 1.62g (3.24%), Vitamin K: 11.95µg (11.38%), Manganese: 0.15mg (7.71%), Folate: 29.67µg (7.42%), Vitamin B1: 0.1mg (6.81%), Selenium: 3.73µg (5.33%), Iron: 0.77mg (4.25%), Vitamin B3: 0.75mg (3.77%), Vitamin B2: 0.04mg (2.52%), Phosphorus: 23.78mg (2.38%), Fiber: 0.55g (2.2%), Vitamin C: 1.56mg (1.89%), Copper: 0.04mg (1.86%), Vitamin A: 91.75IU (1.84%), Calcium: 15.8mg (1.58%), Vitamin B5: 0.15mg (1.53%), Vitamin B6: 0.03mg (1.44%), Magnesium: 5.45mg (1.36%), Zinc: 0.19mg (1.26%), Vitamin E: 0.18mg (1.2%)