

Very Easy Risotto

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



241 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 teaspoon chicken soup base
- ☐ 0.7 cup green onion sliced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.8 cup parmesan cheese grated
- ☐ 1.3 cups rice long-grain uncooked
- ☐ 4 cups water

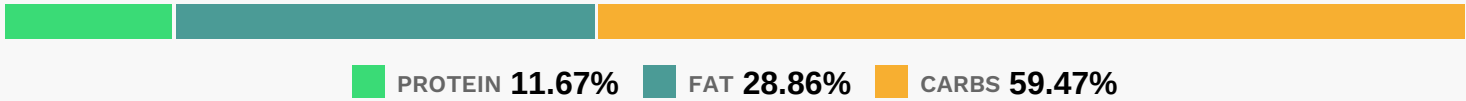
Equipment

☐ frying pan

Directions

- ☐ Melt butter in a large skillet over medium–high heat. Cook green onions in butter briefly, then add the rice. Cook and stir for a few minutes to toast rice. Stir in water, and season with chicken bouillon and pepper. Bring to a boil, then reduce heat to medium–low. Cover, and simmer for 20 minutes.
- ☐ Remove from heat, cover, and let stand for 5 minutes. Stir in the Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:29.2, Glycemic Load:19.96, Inflammation Score:-3, Nutrition Score:6.7004347482453%

Flavonoids

Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 240.8kcal (12.04%), Fat: 7.63g (11.73%), Saturated Fat: 4.43g (27.66%), Carbohydrates: 35.35g (11.78%), Net Carbohydrates: 34.51g (12.55%), Sugar: 0.38g (0.42%), Cholesterol: 20.95mg (6.98%), Sodium: 340.08mg (14.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.94g (13.88%), Manganese: 0.49mg (24.34%), Vitamin K: 23.72µg (22.59%), Selenium: 10.79µg (15.42%), Calcium: 136.86mg (13.69%), Phosphorus: 132.44mg (13.24%), Zinc: 1.05mg (7.03%), Vitamin A: 335.99IU (6.72%), Copper: 0.13mg (6.55%), Vitamin B5: 0.47mg (4.74%), Magnesium: 18.87mg (4.72%), Vitamin B2: 0.08mg (4.43%), Vitamin B6: 0.09mg (4.25%), Vitamin B3: 0.74mg (3.68%), Fiber: 0.84g (3.38%), Iron: 0.56mg (3.12%), Potassium: 104.2mg (2.98%), Vitamin B12: 0.18µg (2.96%), Folate: 11.41µg (2.85%), Vitamin B1: 0.04mg (2.59%), Vitamin C: 2.09mg (2.54%), Vitamin E: 0.28mg (1.87%)