Fennel Risotto

Ingredients

Stock, chicken, prep f/recipe, Wine, cooking, white, Rice, basmati, dry, Onion, Lemon, Butter, salted, Cheese, parmesan, dried, grated, Garlic, Olive Oil, Chili Pepper, Fennel, Oil, veg, pure.

Nutrients per serving

Nutrition Facts

Serving Size 6 ounce (170g)
Servings Per Container 1

Amount Per Serving

Calories 210	Calories from Fat 25
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 340mg	**14%**
Total Carbohydrate 38g	**13%**
Dietary Fiber 1g	**4%**
Sugars 3g	
Protein 5g	

Vitamin A 2%	• Vitamin C 6%
Calcium 4%	• Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4