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## Caramelized Onion Risotto with Zucchini

This caramelized onion risotto is a creamy and flavorful dish that combines the sweetness of caramelized onions with the freshness of zucchini. It is a vegetarian recipe that can be enjoyed as a main course or as a side dish.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 40 mins

**Total Time:** 55 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

300 g	Arborio rice
200 g	onion
200 g	zucchini
1000 ml	vegetable broth

50 g	parmesan cheese
50 g	butter
30 ml	olive oil
5 g	Salt
2 g	Black pepper

## Directions

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### Step 1

Sautéing

Heat olive oil in a large saucepan over medium heat. Add the onions and cook until caramelized, stirring occasionally, for about 15 minutes.

**Prep Time:** 5 mins

**Cook Time:** 15 mins

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### Step 2

Sautéing

Add the zucchini to the saucepan and cook for another 5 minutes, until slightly softened.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

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### Step 3

### Stirring

Add the Arborio rice to the saucepan and cook for 2 minutes, stirring constantly.

**Prep Time:** 2 mins

**Cook Time:** 2 mins

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## Step 4

### Stirring

Gradually add the vegetable broth to the saucepan, 1 cup at a time, stirring constantly until the liquid is absorbed before adding more.

**Prep Time:** 5 mins

**Cook Time:** 25 mins

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## Step 5

### Stirring

Once all the broth has been added and absorbed, remove the saucepan from heat. Stir in the butter and Parmesan cheese until melted and creamy. Season with salt and black pepper to taste.

**Prep Time:** 2 mins

**Cook Time:** 3 mins

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## Nutrition Facts

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**Calories:** 300 kcal

**Fat:** 8 g

**Protein:** 7 g

**Carbohydrates:** 50 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	7 g	41.18%	41.18%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	3 g	7.89%	12%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	8 g	28.57%	32%
Cholesterol	10 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	8 mg	0.24%	0.31%
Zinc	6 mg	54.55%	75%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Spring Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

### Meal Type

Lunch Dinner Snack Supper

### Difficulty Level

Medium

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