



Amaranth "Risotto" With Mushrooms



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



656 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups amaranth grain
- ☐ 4 servings pepper black freshly ground to taste
- ☐ 1 cup the following: parmesan rind) dried
- ☐ 3 tablespoons sherry dry (any type from to cream)
- ☐ 1 teaspoon thyme sprigs fresh chopped to taste
- ☐ 3 garlic clove finely chopped
- ☐ 2 tablespoons olive oil
- ☐ 1.5 teaspoons salt to taste

- ☐ 1 tablespoon soya sauce
- ☐ 6 tablespoons butter unsalted
- ☐ 2 cups water boiling cold
- ☐ 1 pound mushrooms white sliced (, baby bella, cremini, or a mixture)
- ☐ 1.5 cups onion yellow finely chopped

Equipment

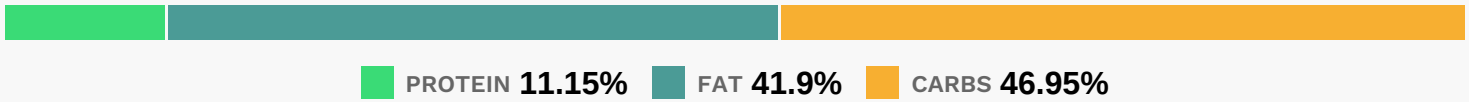
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ spatula

Directions

- ☐ Put the dried porcini mushrooms in a heatproof bowl and pour the 2 cups of boiling water over them.
- ☐ Let the porcini mushrooms soak until tender, 10 to 15 minutes, then lift them from the liquid and squeeze any excess liquid into the bowl. Finely chop the porcini mushrooms. Reserve the porcini mushrooms and the liquid separately.
- ☐ In a heavy 4-quart pot over moderately low heat, warm 1 tablespoon butter and 1 tablespoon oil.
- ☐ Add the onion and cook, covered and stirring occasionally, until tender and lightly golden, 10 to 15 minutes.
- ☐ Add the amaranth and stir to coat it with the butter and oil. Slowly add the reserved porcini mushroom soaking liquid, leaving any grit at the bottom of the bowl.
- ☐ Add the 2 1/2 cups cold water, cover the pot, and bring the mixture to a boil, whisking occasionally. Using a heatproof rubber spatula, push any seeds clinging to the side of the pot into the liquid, then reduce the heat to low and continue to simmer, covered, until the liquid is absorbed, 20 to 25 minutes. Stir in 1 teaspoon salt, or to taste.
- ☐ Remove the pot from the heat and let the amaranth stand, covered, 5 to 10 minutes.

- ☐ While the amaranth is simmering, in a 12-inch heavy skillet over moderate heat, melt 1 tablespoon of the remaining butter with the remaining 1 tablespoon oil.
- ☐ Add the garlic and cook, stirring, for 30 seconds.
- ☐ Add the reserved porcini mushrooms, along with the fresh sliced mushrooms, the remaining 1/2 teaspoon salt, and the soy sauce and sauté until the mushrooms are softened and juicy, 8 to 10 minutes.
- ☐ Add the sherry and continue to sauté until the mushrooms are tender, about 2 minutes. Season with salt and freshly ground black pepper.
- ☐ Remove the pan from the heat then stir in the thyme.
- ☐ Cut the remaining 4 tablespoons butter into small pieces, add it to the pan, and stir until melted. Spoon the amaranth onto plates or into soup bowls and top with the mushroom mixture.

Nutrition Facts



Properties

Glycemic Index:57.75, Glycemic Load:22.15, Inflammation Score:-9, Nutrition Score:34.087391319482%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 12.22mg, Quercetin: 12.22mg, Quercetin: 12.22mg, Quercetin: 12.22mg

Nutrients (% of daily need)

Calories: 656.17kcal (32.81%), Fat: 31.35g (48.23%), Saturated Fat: 13.27g (82.91%), Carbohydrates: 79.03g (26.34%), Net Carbohydrates: 69.43g (25.25%), Sugar: 6.8g (7.55%), Cholesterol: 45.15mg (15.05%), Sodium: 1145.64mg (49.81%), Alcohol: 1.16g (100%), Alcohol %: 0.33% (100%), Protein: 18.76g (37.52%), Manganese: 3.53mg (176.35%), Phosphorus: 690.05mg (69.01%), Magnesium: 270.85mg (67.71%), Copper: 1.29mg (64.63%), Vitamin B5: 4.77mg (47.71%), Iron: 8.48mg (47.11%), Selenium: 32.7µg (46.72%), Vitamin B2: 0.77mg (45.57%), Vitamin B6:

0.87mg (43.65%), Fiber: 9.6g (38.41%), Vitamin B3: 6.27mg (31.33%), Potassium: 1082.02mg (30.91%), Folate: 123.08µg (30.77%), Zinc: 4.1mg (27.33%), Calcium: 189.06mg (18.91%), Vitamin E: 2.67mg (17.8%), Vitamin B1: 0.26mg (17.43%), Vitamin C: 12.62mg (15.3%), Vitamin A: 552.42IU (11.05%), Vitamin K: 6.17µg (5.88%), Vitamin D: 0.81µg (5.43%), Vitamin B12: 0.08µg (1.35%)