



Baked Sausage and Mushroom Risotto

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



561 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups arborio rice
- ☐ 8 ounces button mushrooms sliced
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.8 pound turkey sausage italian
- ☐ 4.5 cups chicken broth low-sodium warmed
- ☐ 2 teaspoons olive oil
- ☐ 1 onion finely chopped

- ☐ 0.5 cup parmesan grated
- ☐ 4 servings salt and pepper

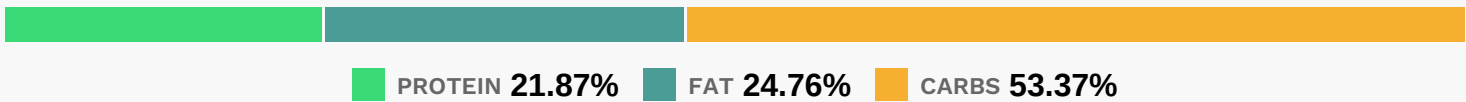
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Preheat oven to 325F. In a Dutch oven or other large, ovenproof pot with a lid, cook sausage over medium heat, stirring to break it up, until crumbly and browned, 6 to 8 minutes. Spoon sausage into a bowl lined with paper towels and pour fat out of pot.
- ☐ Return pot to heat and add oil.
- ☐ Add onion and mushrooms, season with salt and pepper and cook, stirring, until onion is soft and mushroom juices have evaporated, 8 to 10 minutes.
- ☐ Pour in wine and cook until reduced by half, stirring to release any browned bits on bottom of pan, about 2 minutes. Stir in rice and cook for 3 minutes.
- ☐ Pour in 3 cups of broth and stir to combine.
- ☐ Bake for 20 minutes. Stir in Parmesan, reserved sausage meat and remaining 1 1/2 cups broth. Cover, return to oven and bake until rice is tender but not mushy, 30 to 35 minutes more.
- ☐ Sprinkle with parsley and serve.

Nutrition Facts



Properties

Glycemic Index:53.75, Glycemic Load:48.18, Inflammation Score:-8, Nutrition Score:29.211304483206%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 560.83kcal (28.04%), Fat: 14.89g (22.91%), Saturated Fat: 5.84g (36.52%), Carbohydrates: 72.23g (24.08%), Net Carbohydrates: 68.26g (24.82%), Sugar: 5.76g (6.4%), Cholesterol: 53.58mg (17.86%), Sodium: 1270.29mg (55.23%), Alcohol: 3.09g (100%), Alcohol %: 0.7% (100%), Protein: 29.59g (59.18%), Iron: 12.56mg (69.76%), Vitamin B3: 12.02mg (60.09%), Selenium: 38.46µg (54.94%), Folate: 199.13µg (49.78%), Manganese: 0.94mg (46.87%), Phosphorus: 458.29mg (45.83%), Vitamin C: 31.74mg (38.47%), Vitamin B1: 0.55mg (36.72%), Vitamin K: 34.45µg (32.81%), Vitamin B2: 0.55mg (32.12%), Vitamin B6: 0.6mg (29.95%), Copper: 0.59mg (29.33%), Vitamin B5: 2.6mg (26.04%), Zinc: 3.65mg (24.3%), Potassium: 717.27mg (20.49%), Calcium: 192.36mg (19.24%), Fiber: 3.97g (15.86%), Magnesium: 58.53mg (14.63%), Vitamin B12: 0.8µg (13.4%), Vitamin A: 389.12IU (7.78%), Vitamin E: 0.34mg (2.28%), Vitamin D: 0.18µg (1.17%)