



Brown Rice Risotto with Pumpkin

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



262 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons basil dried fresh chopped
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.3 cups brown rice uncooked
- ☐ 8 ounce crimini mushrooms
- ☐ 0.5 cup wine dry white
- ☐ 2 garlic clove minced
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon oregano dried fresh chopped

- ☐ 1 ounce parmesan fresh grated
- ☐ 2.5 cups pumpkin fresh cubed peeled ()
- ☐ 0.3 cup shallots finely chopped
- ☐ 4 cups vegetable stock organic (such as Swanson Certified)
- ☐ 3.5 cups water

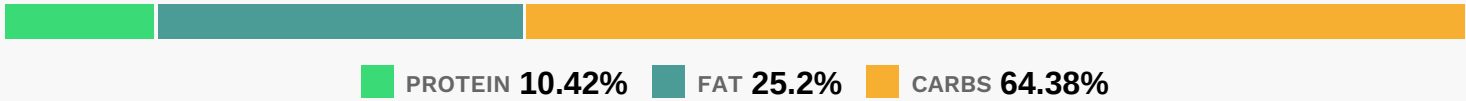
Equipment

- ☐ sauce pan

Directions

- ☐ Bring broth and water to a simmer in a medium saucepan (do not boil). Keep warm over low heat.
- ☐ Heat oil in a large saucepan over medium-high heat.
- ☐ Add shallots; cook 1 minute or until tender, stirring constantly.
- ☐ Add mushrooms and garlic; cook 3 minutes, stirring constantly.
- ☐ Add wine; cook 1 minute or until liquid has evaporated.
- ☐ Add rice; cook for 1 minute, stirring constantly. Stir in 1 cup broth mixture; cook 6 minutes or until liquid is nearly absorbed, stirring constantly.
- ☐ Add remaining broth, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 55 minutes total). Stir in pumpkin during last 15 minutes of cooking time. Stir in cheese and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:64.13, Glycemic Load:20.69, Inflammation Score:-10, Nutrition Score:18.810434736635%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg,

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 261.71kcal (13.09%), Fat: 7.09g (10.92%), Saturated Fat: 1.68g (10.5%), Carbohydrates: 40.78g (13.59%), Net Carbohydrates: 38.14g (13.87%), Sugar: 4.63g (5.14%), Cholesterol: 3.21mg (1.07%), Sodium: 716.69mg (31.16%), Alcohol: 2.06g (100%), Alcohol %: 0.56% (100%), Protein: 6.6g (13.19%), Vitamin A: 4535.63IU (90.71%), Manganese: 1.74mg (86.75%), Phosphorus: 218.67mg (21.87%), Copper: 0.41mg (20.4%), Magnesium: 77.09mg (19.27%), Vitamin B6: 0.35mg (17.73%), Vitamin B3: 3.55mg (17.72%), Vitamin B2: 0.28mg (16.64%), Selenium: 11.4µg (16.28%), Vitamin B1: 0.24mg (15.87%), Potassium: 519.84mg (14.85%), Vitamin B5: 1.39mg (13.87%), Calcium: 113.48mg (11.35%), Vitamin K: 11.71µg (11.15%), Zinc: 1.63mg (10.87%), Fiber: 2.64g (10.57%), Iron: 1.88mg (10.44%), Vitamin E: 1.36mg (9.09%), Folate: 32.57µg (8.14%), Vitamin C: 5.85mg (7.09%), Vitamin B12: 0.09µg (1.57%)