



## Chanterelle Risotto

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



431 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 2 cups arborio rice
- ☐ 6 servings pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 2 cups chanterelles sliced
- ☐ 2 cloves garlic fresh chopped
- ☐ 2 cups parmesan cheese freshly grated
- ☐ 6 servings salt
- ☐ 5 cups vegetable stock

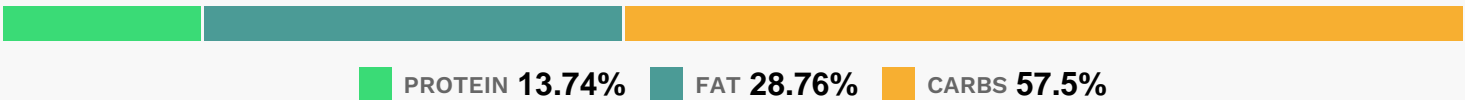
## Equipment

- ☐ frying pan
- ☐ sauce pan

## Directions

- ☐ In a large skillet over medium-high heat, melt 2 tablespoons butter. Cook and stir the garlic and mushrooms in the melted butter for three minutes, being sure to brown the mushrooms little. Set aside.
- ☐ Meanwhile, melt 2 tablespoons butter in a large saucepan over medium heat. Stir in rice, and cook for 1 to 2 minutes. Slowly add vegetable broth 1/2 cup at a time, stirring frequently and allowing all the liquid to be absorbed before adding more broth. Continue cooking until the rice is tender to the tooth. Stir in the mushroom mixture and heat through, about 1 minute. Stir in cheese, and season with salt and pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:39.83, Glycemic Load:42.97, Inflammation Score:-7, Nutrition Score:15.217826096908%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 430.83kcal (21.54%), Fat: 13.57g (20.87%), Saturated Fat: 7.66g (47.88%), Carbohydrates: 61.04g (20.35%), Net Carbohydrates: 58.44g (21.25%), Sugar: 1.91g (2.12%), Cholesterol: 39.03mg (13.01%), Sodium: 1592.94mg (69.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.58g (29.16%), Manganese: 0.8mg (40.06%), Folate: 156.55µg (39.14%), Selenium: 22.32µg (31.89%), Calcium: 302.86mg (30.29%), Phosphorus: 287.73mg (28.77%), Vitamin B1: 0.39mg (26.05%), Iron: 3.62mg (20.13%), Vitamin B3: 3.51mg (17.57%), Vitamin A: 822.72IU (16.45%), Zinc: 2.32mg (15.48%), Vitamin B5: 1.17mg (11.72%), Vitamin B2: 0.19mg (11.09%), Copper: 0.22mg (11.07%), Fiber: 2.6g (10.39%), Vitamin B6: 0.16mg (8.09%), Vitamin B12: 0.46µg (7.63%), Vitamin D: 1.12µg (7.47%), Magnesium: 29.86mg (7.46%), Potassium: 209.58mg (5.99%), Vitamin E: 0.28mg (1.87%), Vitamin K: 1.07µg (1.02%)