



## Chanterelle Risotto with Zucchini and Fried Prosciutto

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



1386 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 cup arborio rice
- ☐ 2 cup chanterelles
- ☐ 6 cup chicken stock see
- ☐ 1 juice of lemon juiced
- ☐ 2 servings very olive oil good for drizzling
- ☐ 1 large onion cut in ¼" dice
- ☐ 0.5 cup parmesan cheese grated

- ☐ 4 slice pancetta
- ☐ 1 teaspoon red wine vinegar
- ☐ 2 servings salt and pepper white to taste
- ☐ 8 tablespoon butter unsalted
- ☐ 0.3 cup white wine

## Equipment

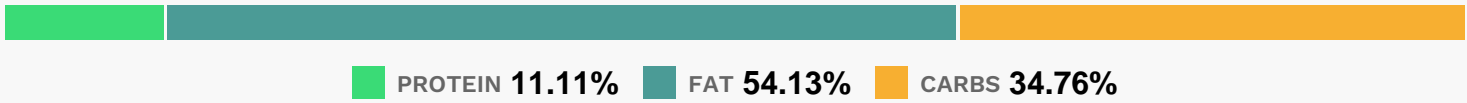
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ ladle

## Directions

- ☐ Melt half of the the butter in a large pan with sloped sides.
- ☐ Add the onions and cook until fragrant and translucent, about 8 minutes. In the meantime add the stock to a saucepan and bring it to a very low simmer.
- ☐ Add the rice and stir until well coated with butter. Cook until the butter browns some and the pan needs deglazing.
- ☐ Add the white wine to loosen any brown butter from the bottom of the pan.Slowly pour in the stock ladle full by ladle full a little at a time, stirring between each addition. Wait to add more until the previous addition is nearly absorbed.Keep cooking and adding more stock until the rice is al dente and creamy, about 20 minutes. But don't rely on timing, taste the rice often to obtain the perfect texture. Do not worry if you do not use all the stock to achieve the right texture. Taste for seasoning.Take the rice off the heat and stir in 2 tablespoons butter, the Parmesan cheese, diced zucchini and the red wine vinegar. Leave the rice alone for a minute so that the rice absorbs most the liquid. In the meantime, fry the prosciutto in a barely oil slicked pan set over medium heat. Try to keep the slices whole, but it's fine if they break apart.
- ☐ Remove them, when crisp, to a paper towel lined plate to drain.
- ☐ Add 1 tablespoons of butter to the same pan and let it melt.
- ☐ Add the mushrooms and cook until soft.
- ☐ Add a few tablespoons of the leftover stock and deglaze the pan.

Add the final tablespoon of butter, a dash of olive oil and the lemon juice. To serve, spoon the risotto on to plates and pour the mushrooms and juices over each serving. Top with the fried prociutto.

# Nutrition Facts



## Properties

Glycemic Index:75.5, Glycemic Load:64.49, Inflammation Score:-9, Nutrition Score:38.204782693282%

## 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 Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.29mg, Hesperetin: 2.29mg, Hesperetin: 2.29mg, Hesperetin: 2.29mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 15.29mg, Quercetin: 15.29mg, Quercetin: 15.29mg, Quercetin: 15.29mg

## Nutrients (% of daily need)

Calories: 1386.09kcal (69.3%), Fat: 81.79g (125.83%), Saturated Fat: 39.42g (246.35%), Carbohydrates: 118.14g (39.38%), Net Carbohydrates: 111.97g (40.72%), Sugar: 16.08g (17.87%), Cholesterol: 169.56mg (56.52%), Sodium: 1746.96mg (75.95%), Alcohol: 3.09g (100%), Alcohol %: 0.35% (100%), Protein: 37.78g (75.56%), Vitamin B3: 18.56mg (92.81%), Folate: 289.06µg (72.26%), Manganese: 1.34mg (66.79%), Vitamin B1: 0.92mg (61.43%), Selenium: 41.95µg (59.93%), Phosphorus: 558.71mg (55.87%), Vitamin B2: 0.92mg (54.01%), Iron: 8.24mg (45.77%), Copper: 0.85mg (42.32%), Vitamin B6: 0.81mg (40.64%), Potassium: 1320.77mg (37.74%), Calcium: 364.2mg (36.42%), Vitamin A: 1624.61IU (32.49%), Vitamin D: 3.89µg (25.94%), Fiber: 6.17g (24.69%), Vitamin E: 3.69mg (24.62%), Zinc: 3.59mg (23.94%), Vitamin B5: 2.26mg (22.57%), Magnesium: 84.36mg (21.09%), Vitamin C: 12.81mg (15.52%), Vitamin K: 14.63µg (13.94%), Vitamin B12: 0.48µg (7.92%)