



Chef John's Baked Mushroom Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



342 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1 pinch cayenne pepper
- ☐ 0.5 cup chicken broth
- ☐ 2 tablespoons chives fresh chopped
- ☐ 4 servings ground pepper black to taste
- ☐ 2 tablespoons heavy whipping cream
- ☐ 3 cups mushrooms diced
- ☐ 0.5 cup parmigiano-reggiano cheese finely grated

- ☐ 1 cup carnaroli rice
- ☐ 4 servings salt to taste
- ☐ 0.5 onion diced yellow

Equipment

- ☐ frying pan
- ☐ oven
- ☐ stove

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Melt butter in large, oven-proof skillet over medium-high heat.
- ☐ Add mushrooms; season with salt, and cook and stir mushrooms until brown. They will begin browning after the moisture evaporates.
- ☐ Reduce heat to medium and stir in onion.
- ☐ Sprinkle with black pepper and cayenne pepper. Cook and stir until onions are translucent and soft.
- ☐ Pour rice into skillet and stir until each rice grain is coated with butter. Season with salt.
- ☐ Pour 1 cup chicken broth into the rice mixture. Raise heat to medium-high and cook, stirring rice until liquid is completely absorbed by the rice.
- ☐ Pour another cup chicken stock into the rice and stir until mixture comes to a simmer.
- ☐ Bake in preheated oven until grains are almost tender but still slightly firm, about 15 minutes.
- ☐ Transfer skillet to stovetop. Season with more salt, if necessary.
- ☐ Combine the remaining 1/2 cup chicken broth and cream; pour into the skillet. Cook on medium heat, stirring constantly until rice is tender, 1 or 2 minutes.
- ☐ Remove skillet from heat.
- ☐ Drizzle 2 tablespoons cream over rice.
- ☐ Add the grated Parmigiano-Reggiano and chives; stir.
- ☐ Serve immediately.

Nutrition Facts



 **PROTEIN 12.41%**  **FAT 39.42%**  **CARBS 48.17%**

Properties

Glycemic Index:76.55, Glycemic Load:23.2, Inflammation Score:-5, Nutrition Score:11.068260783735%

Flavonoids

Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 342.48kcal (17.12%), Fat: 15.1g (23.22%), Saturated Fat: 9.31g (58.17%), Carbohydrates: 41.5g (13.83%), Net Carbohydrates: 39.88g (14.5%), Sugar: 2.55g (2.83%), Cholesterol: 40.14mg (13.38%), Sodium: 579.1mg (25.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.7g (21.39%), Manganese: 0.59mg (29.51%), Selenium: 17.03µg (24.33%), Vitamin B2: 0.39mg (23.2%), Phosphorus: 214.99mg (21.5%), Calcium: 176.9mg (17.69%), Copper: 0.35mg (17.46%), Vitamin B3: 3.48mg (17.38%), Vitamin B5: 1.66mg (16.6%), Vitamin A: 547.38IU (10.95%), Potassium: 334.97mg (9.57%), Vitamin B6: 0.18mg (9.23%), Zinc: 1.3mg (8.7%), Vitamin B1: 0.11mg (7.43%), Magnesium: 26.79mg (6.7%), Fiber: 1.62g (6.5%), Folate: 21.66µg (5.42%), Iron: 0.93mg (5.16%), Vitamin K: 4.67µg (4.45%), Vitamin C: 3.47mg (4.2%), Vitamin B12: 0.21µg (3.58%), Vitamin E: 0.42mg (2.83%), Vitamin D: 0.33µg (2.18%)