



Chestnut Mushroom Vegan Risotto



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



347 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 250 g pack chestnut mushroom
- ☐ 1 teaspoon basil dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 clove garlic
- ☐ 6 servings olive oil for cooking
- ☐ 2 onions
- ☐ 250 g arborio risotto rice
- ☐ 6 servings salt & pepper to taste

- ☐ 1700 ml vegetable stock
- ☐ 250 ml vegetarian wine dry white

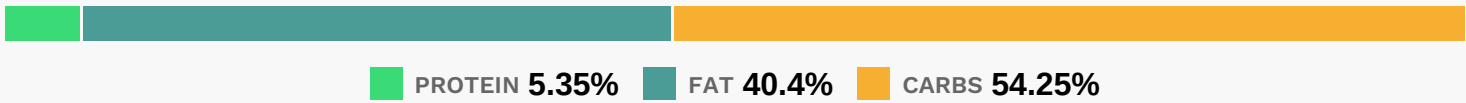
Equipment

- ☐ sauce pan
- ☐ ladle
- ☐ wok

Directions

- ☐ Add vegetable broth to saucepan and place over low heat; do not boil.
- ☐ Add half the wine and dried herbs to the mixture and stir well.
- ☐ Add the olive oil, sliced mushrooms, diced onion, garlic and the rest of the wine to a wok or large saucepan and cook until the onion has started to soften.
- ☐ Add the rice and cook for a few minutes until it starts to become slightly translucent. Start adding the stock mixture, a couple of ladles at a time and stir constantly until the rice has absorbed the liquid. Continue until most of the stock has been absorbed and the risotto starts to become thick and creamy. Taste the recipe and season if needed, continuing to add the remaining stock if the rice is still too hard.
- ☐ Serve immediately with a herb/rocket salad or a gluten free garlic bread.

Nutrition Facts



Properties

Glycemic Index:33.17, Glycemic Load:28.67, Inflammation Score:-8, Nutrition Score:12.022173911333%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg

0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg

Nutrients (% of daily need)

Calories: 347.08kcal (17.35%), Fat: 14.32g (22.03%), Saturated Fat: 2.02g (12.63%), Carbohydrates: 43.25g (14.42%), Net Carbohydrates: 41.07g (14.94%), Sugar: 5.08g (5.64%), Cholesterol: 0mg (0%), Sodium: 1326.6mg (57.68%), Alcohol: 4.35g (100%), Alcohol %: 1.2% (100%), Protein: 4.27g (8.54%), Manganese: 0.63mg (31.32%), Folate: 115.04µg (28.76%), Selenium: 17.43µg (24.91%), Vitamin B1: 0.3mg (19.73%), Vitamin B3: 3.41mg (17.03%), Copper: 0.32mg (15.92%), Vitamin B2: 0.24mg (14.33%), Iron: 2.56mg (14.25%), Vitamin K: 14.47µg (13.78%), Vitamin E: 2.06mg (13.72%), Vitamin B5: 1.23mg (12.3%), Vitamin A: 607.8IU (12.16%), Phosphorus: 109.38mg (10.94%), Vitamin B6: 0.19mg (9.58%), Potassium: 309.8mg (8.85%), Fiber: 2.17g (8.7%), Zinc: 1.06mg (7.05%), Magnesium: 22.91mg (5.73%), Vitamin C: 2.95mg (3.58%), Calcium: 29.04mg (2.9%)