



Corn-Mushroom Risotto

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



631 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.3 cups arborio rice
- 5 ounces bacon diced
- 1 cup cooking wine dry white
- 3 ears corn husked
- 2 tablespoons chives fresh chopped
- 4 servings kosher salt and pepper freshly ground
- 0.5 cup parmesan cheese grated plus more for topping
- 2 medium shallots chopped

- 6 ounces mushroom caps
- 3 tablespoons butter unsalted

Equipment

- frying pan
- paper towels
- sauce pan
- ladle
- pot
- slotted spoon

Directions

- Cook the bacon in large saucepan until crisp.
- Remove with a slotted spoon and drain on paper towels. Meanwhile, cut the corn from the cobs and set aside. Snap the cobs in half and put in a pot with 7 cups water; bring to a low simmer. Stem and slice the mushrooms.
- Cook the mushrooms in the pan with the bacon drippings over medium-high heat until slightly crisp, about 3 minutes. Season with salt and pepper and transfer to a plate.
- Add the butter and shallots to the pan, season with salt and pepper and cook until soft, about 2 minutes.
- Add the rice and cook, stirring, 1 minute. Stir in the wine until absorbed, then add 1 teaspoon salt and the corn kernels.
- Ladle in 1/2 cup of the hot corn broth, stirring until absorbed. Continue adding broth in 1/2-cup increments, allowing it to be absorbed before adding more, until the rice is just tender, about 20 minutes. Stir in the cheese, chives and some of the mushrooms and bacon. Season with salt and pepper.
- Serve topped with the remaining bacon and mushrooms and more cheese.
- Photograph by Antonis Achilleos

Nutrition Facts



PROTEIN 10.69% FAT 41.72% CARBS 47.59%

Properties

Glycemic Index:51, Glycemic Load:40.47, Inflammation Score:-8, Nutrition Score:19.436086696127%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 630.59kcal (31.53%), Fat: 27.55g (42.38%), Saturated Fat: 12.35g (77.21%), Carbohydrates: 70.71g (23.57%), Net Carbohydrates: 66.11g (24.04%), Sugar: 6.84g (7.6%), Cholesterol: 56.84mg (18.95%), Sodium: 667.41mg (29.02%), Alcohol: 6.18g (100%), Alcohol %: 2.56% (100%), Protein: 15.89g (31.77%), Manganese: 0.98mg (49.18%), Folate: 185.74µg (46.44%), Vitamin B1: 0.58mg (38.5%), Vitamin B3: 6.95mg (34.76%), Selenium: 24.09µg (34.42%), Phosphorus: 319.05mg (31.9%), Vitamin B6: 0.47mg (23.71%), Vitamin B5: 2.24mg (22.43%), Iron: 3.71mg (20.61%), Fiber: 4.6g (18.4%), Zinc: 2.54mg (16.91%), Magnesium: 65.95mg (16.49%), Potassium: 543.54mg (15.53%), Vitamin B2: 0.25mg (14.59%), Copper: 0.27mg (13.28%), Calcium: 130.39mg (13.04%), Vitamin A: 575.65IU (11.51%), Vitamin C: 6.46mg (7.83%), Vitamin B12: 0.36µg (6.06%), Vitamin K: 4.68µg (4.46%), Vitamin D: 0.53µg (3.55%), Vitamin E: 0.52mg (3.43%)