



## Creamy Mushroom Risotto with Rosemary Grilled Pork Tenderloin

 Gluten Free

READY IN



208 min.

SERVINGS



4

CALORIES



752 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup arborio rice
- 2 tablespoons butter
- 1 cup chicken stock see
- 0.5 cup cooking wine dry white
- 2 tablespoons parsley leaves fresh chopped
- 1 ounce mushrooms dried
- 3 tablespoons olive oil

- 4 servings olive oil
- 0.5 cup pecorino cheese grated
- 4 servings pepper freshly ground
- 1.5 pound pork tenderloin
- 1 sprigs rosemary leaves fresh finely chopped for garnish
- 3 pinches few salt
- 4 servings salt
- 1 shallots minced
- 1 cup water boiling

## Equipment

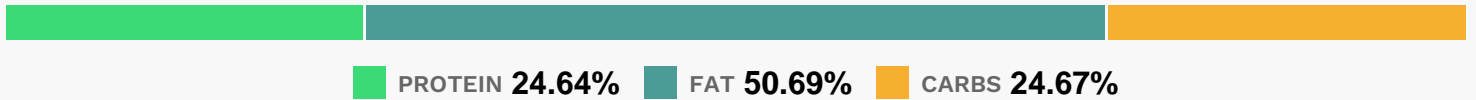
- bowl
- frying pan
- sauce pan
- oven
- pot
- plastic wrap

## Directions

- Rub tenderloin with oil, salt, pepper, and rosemary. Cover with plastic wrap and let marinate for an hour or 2 in the refrigerator.
- Preheat oven to 375 degrees F.
- Heat a couple tablespoons of olive oil in an oven-safe saute pan over high heat. Sear tenderloin on all sides until nicely colored all over.
- Transfer pan to oven and roast for 10 minutes or until internal temperature reaches 145 degrees F.
- Let rest for 5 to 10 minutes before thinly slicing on the bias.
- Serve with the risotto and garnish with a sprig of fresh rosemary.
- Place mushrooms in a bowl and pour boiling water over them; cover and let sit 10 minutes.

- Heat the oil in a large saucepan over medium heat.
- Add shallots and sweat until they start to turn translucent in color, just a couple minutes.
- Add rice and stir around until all the grains are covered with oil. To the rice, add the stock and wine.
- Remove the mushrooms from their liquid, reserving the liquid, and chop them roughly.
- Add the mushrooms with their liquid to the pot.
- Add salt, raise heat to medium-high, and bring to a simmer. Stir well, reduce heat to low, cover, and cook for 20 minutes, stirring once more after 10 minutes.
- Remove from heat and stir in the butter, pecorino, and parsley.
- Serve with sliced tenderloin.

## Nutrition Facts



### Properties

Glycemic Index:75, Glycemic Load:31.88, Inflammation Score:-7, Nutrition Score:33.403478259626%

### 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 Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

### Nutrients (% of daily need)

Calories: 751.82kcal (37.59%), Fat: 40.59g (62.45%), Saturated Fat: 11.41g (71.28%), Carbohydrates: 44.45g (14.82%), Net Carbohydrates: 42.66g (15.51%), Sugar: 1.98g (2.2%), Cholesterol: 140.41mg (46.8%), Sodium: 861.49mg (37.46%), Alcohol: 3.09g (100%), Alcohol %: 0.91% (100%), Protein: 44.4g (88.79%), Vitamin B1: 1.99mg (132.78%), Selenium: 63.06µg (90.09%), Vitamin B6: 1.48mg (74.05%), Vitamin B3: 14.59mg (72.95%), Phosphorus: 590.44mg (59.04%), Vitamin K: 48.77µg (46.45%), Vitamin B2: 0.73mg (43.15%), Folate: 126.54µg (31.64%), Manganese: 0.62mg (31.05%), Zinc: 4.27mg (28.49%), Vitamin E: 4.13mg (27.54%), Iron: 4.47mg (24.84%), Potassium: 861.05mg (24.6%), Vitamin B5: 2.28mg (22.77%), Magnesium: 72.04mg (18.01%), Vitamin B12: 1.04µg (17.32%), Copper: 0.34mg (16.83%), Calcium: 159.73mg (15.97%), Vitamin A: 408.59IU (8.17%), Fiber: 1.8g (7.19%), Vitamin C: 3.48mg (4.22%), Vitamin D: 0.59µg (3.91%)