



Easy Baked Mushroom & Onion Risotto

READY IN



33 min.

SERVINGS



4

CALORIES



240 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 ginger tea bags reynolds®
- 1 tablespoon flour
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 1 cup crimini mushrooms chopped
- 0.8 cup arborio rice
- 0.5 cup onion finely chopped
- 2 tablespoons butter divided
- 1.3 cups water

- 1 cup chicken broth
- 0.3 cup parmesan shredded
- 1 serving parsley fresh chopped

Equipment

- bowl
- frying pan
- ladle
- oven
- microwave
- measuring cup

Directions

- Preheat oven to 400°F.
- Place Reynolds® Oven Bag in a 13x9x2-inch pan.
- Add flour, salt and pepper to bag. Gently squeeze bag to blend ingredients.
- Add onion, mushrooms, rice and 1 tablespoon butter to oven bag. Turn bag several times to mix ingredients. Arrange ingredients in even layer in bag. Fold down bag opening two times to hold it open; set aside.
- Microwave water and chicken broth in a medium microwave-safe bowl or measuring cup for about 3 minutes on high power until liquid is very hot. Carefully pour or ladle liquid over ingredients in bag. Carefully unfold bag opening.
- Close bag at gathers with nylon tie.
- Cut six 1/2 inch slits in top near tie.
- Bake 25 to 30 minutes or until most of the liquid is absorbed.
- Let stand 5 minutes. Carefully cut top of bag open. Spoon rice mixture into a large serving bowl. Stir in remaining tablespoon of butter and shredded cheese. Stir in up to 1/4 cup additional hot water, if needed to make mixture creamy.
- Add additional salt and pepper and garnish with parsley, if desired.

Nutrition Facts

PROTEIN 11.33% FAT 30.98% CARBS 57.69%

Properties

Glycemic Index:81.25, Glycemic Load:25.02, Inflammation Score:-6, Nutrition Score:9.7226087800834%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 240.09kcal (12%), Fat: 8.22g (12.64%), Saturated Fat: 5.04g (31.52%), Carbohydrates: 34.43g (11.48%), Net Carbohydrates: 32.82g (11.93%), Sugar: 1.5g (1.66%), Cholesterol: 21.89mg (7.3%), Sodium: 693.73mg (30.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.76g (13.52%), Folate: 100.69µg (25.17%), Manganese: 0.5mg (25%), Selenium: 13.27µg (18.95%), Vitamin B1: 0.27mg (17.99%), Vitamin K: 17.32µg (16.5%), Phosphorus: 127.69mg (12.77%), Vitamin B3: 2.53mg (12.64%), Calcium: 116.27mg (11.63%), Vitamin B2: 0.19mg (10.99%), Iron: 1.97mg (10.97%), Copper: 0.21mg (10.3%), Vitamin B5: 0.84mg (8.42%), Vitamin A: 326.51IU (6.53%), Fiber: 1.61g (6.45%), Zinc: 0.95mg (6.36%), Vitamin B6: 0.12mg (5.89%), Potassium: 167.53mg (4.79%), Magnesium: 18.51mg (4.63%), Vitamin C: 2.81mg (3.41%), Vitamin B12: 0.14µg (2.36%), Vitamin E: 0.22mg (1.47%)