



## Easy Baked Mushroom & Onion Risotto

READY IN



33 min.

SERVINGS



4

CALORIES



241 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.8 cup arborio rice
- 2 tablespoons butter divided
- 1 cup chicken broth
- 1 cup crimini mushrooms chopped
- 1 tablespoon flour
- 4 servings parsley fresh chopped
- 0.5 cup onion finely chopped
- 0.3 cup parmesan shredded
- 0.3 teaspoon pepper

- 0.5 teaspoon salt
- 1 ginger tea bags reynolds®
- 1.3 cups water

## Equipment

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

## Directions

- Preheat oven to 400F.
- 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 11.41% FAT 30.9% CARBS 57.69%

## Properties

Glycemic Index:81.25, Glycemic Load:25.05, Inflammation Score:-7, Nutrition Score:12.433912890113%

## Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

## Nutrients (% of daily need)

Calories: 241.17kcal (12.06%), Fat: 8.24g (12.68%), Saturated Fat: 5.05g (31.54%), Carbohydrates: 34.62g (11.54%), Net Carbohydrates: 32.91g (11.97%), Sugar: 1.52g (1.69%), Cholesterol: 21.89mg (7.3%), Sodium: 695.41mg (30.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.85g (13.7%), Vitamin K: 66.52µg (63.35%), Folate: 105.25µg (26.31%), Manganese: 0.5mg (25.24%), Selenium: 13.27µg (18.96%), Vitamin B1: 0.27mg (18.16%), Phosphorus: 129.43mg (12.94%), Vitamin B3: 2.57mg (12.84%), Calcium: 120.41mg (12.04%), Iron: 2.16mg (12%), Vitamin A: 579.23IU (11.58%), Vitamin B2: 0.19mg (11.16%), Copper: 0.21mg (10.52%), Vitamin B5: 0.85mg (8.54%), Vitamin C: 6.8mg (8.24%), Fiber: 1.71g (6.85%), Zinc: 0.99mg (6.58%), Vitamin B6: 0.12mg (6.03%), Potassium: 184.15mg (5.26%), Magnesium: 20.01mg (5%), Vitamin B12: 0.14µg (2.36%), Vitamin E: 0.24mg (1.62%)