



 **14%**
HEALTH SCORE

Farmer's Market Wild Mushroom Risotto

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



808 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups arborio rice
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- 2 bay leaves
- 2 tablespoons butter
- 0.5 cup cheese
- 8 cups chicken broth
- 0.5 pound crimini mushrooms sliced
- 0.8 cup wine dry white

- 2 cloves garlic minced
- 0.5 pound morel mushrooms sliced
- 3 tablespoons olive oil
- 1 onion divided finely chopped
- 2 tablespoons flat parsley italian chopped
- 6 servings salt and pepper
- 2 thyme sprigs fresh chopped
- 6 servings truffle oil for finishing

Equipment

- frying pan
- sauce pan
- ladle

Directions

- Heat the chicken broth in a medium saucepan and keep warm over low heat.
- Heat 1 tablespoon of oil in a large skillet over medium heat.
- Add 1/2 onion and 1 clove garlic, cook, stirring, until translucent, about 5 minutes.
- Add the fresh mushrooms, herbs and butter.
- Saute for 3 to 5 minutes until lightly browned, season with salt and pepper. Season with salt and fresh cracked pepper.
- Saute 1 minute then remove from heat and set aside. Coat a saucepan with remaining 2 tablespoons of oil. Over medium heat, saute the remaining 1/2 onion and garlic clove.
- Add the rice and stir quickly until it is well-coated and opaque, 2-3 minutes.
- Add vegetable stock and cook for 20 minutes without the lid on. Stir in wine and cook until it is nearly all evaporated. With a ladle, add 1 cup of the warm broth and cook, stirring, until the rice has absorbed the liquid.
- Add the remaining broth, 1 cup at a time, cooking and stirring, allowing the rice to absorb each addition of broth before adding more. The risotto should be slightly firm and creamy, not mushy.

- Transfer the mushrooms to the rice mixture. Stir in Parmesan cheese, cook briefly until melted. Top with a drizzle of truffle oil and chopped parsley before serving.

Nutrition Facts

PROTEIN 7.85% **FAT 34.06%** **CARBS 58.09%**

Properties

Glycemic Index:70.33, Glycemic Load:84.43, Inflammation Score:-8, Nutrition Score:30.808260869565%

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: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Taste

Sweetness: 26.46%, Saltiness: 100%, Sourness: 29.21%, Bitterness: 31.78%, Savoriness: 67.57%, Fattiness: 85.3%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 808.03kcal (40.4%), Fat: 29.63g (45.59%), Saturated Fat: 7.37g (46.09%), Carbohydrates: 113.71g (37.9%), Net Carbohydrates: 108.26g (39.37%), Sugar: 3.34g (3.72%), Cholesterol: 25.72mg (8.57%), Sodium: 1463mg (63.61%), Alcohol: 3.09g (17.17%), Protein: 15.38g (30.75%), Manganese: 1.89mg (94.49%), Folate: 329.02µg (82.25%), Iron: 11.04mg (61.34%), Vitamin B1: 0.9mg (59.82%), Selenium: 35.02µg (50.03%), Vitamin B3: 8.55mg (42.75%), Copper: 0.77mg (38.54%), Vitamin K: 35.27µg (33.59%), Vitamin B2: 0.57mg (33.43%), Phosphorus: 315.55mg (31.55%), Vitamin B5: 2.57mg (25.7%), Vitamin E: 3.35mg (22.31%), Zinc: 3.32mg (22.13%), Fiber: 5.45g (21.8%), Vitamin B6: 0.38mg (19%), Potassium: 552.72mg (15.79%), Vitamin D: 2.02µg (13.48%), Magnesium: 53.35mg (13.34%), Calcium: 119.81mg (11.98%), Vitamin A: 347.92IU (6.96%), Vitamin C: 3.99mg (4.84%), Vitamin B12: 0.21µg (3.47%)