



Farro Risotto with Mushrooms

READY IN



45 min.

SERVINGS



6

CALORIES



290 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 pound cremini mushrooms sliced
- ☐ 0.5 cup cooking wine dry white
- ☐ 1.5 cups farro uncooked
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 ounce mushroom blend wild dried
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 0.5 cup onion finely chopped
- ☐ 1 ounce parmigiano-reggiano cheese fresh grated
- ☐ 0.8 teaspoon salt divided
- ☐ 5.5 cups mushroom stock

Equipment

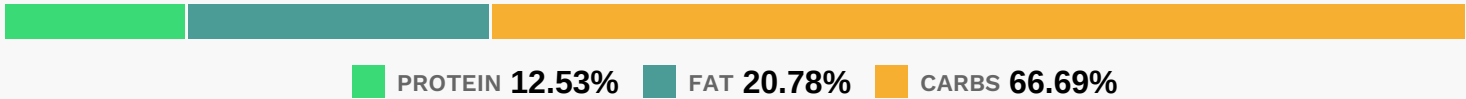
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Place dried mushrooms in a medium bowl; cover with boiling water.
- ☐ Let stand 30 minutes or until tender; drain. Coarsely chop mushrooms.
- ☐ Bring Mushroom Stock to a simmer in a small saucepan (do not boil). Keep stock warm over low heat.
- ☐ Heat a Dutch oven over medium heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add farro and onion; cook 5 minutes, stirring occasionally.
- ☐ Add garlic; cook 1 minute, stirring constantly.
- ☐ Add rehydrated mushrooms, cremini mushrooms, and 1/2 teaspoon salt; saut 5 minutes or until cremini mushrooms are tender, stirring occasionally.
- ☐ Add wine and thyme; cook until liquid almost evaporates.
- ☐ Add 1/2 cup stock to farro mixture; cook over medium heat 4 minutes or until the liquid is nearly absorbed, stirring occasionally.
- ☐ Add 4 1/2 cups stock, 1/2 cup at a time, stirring occasionally until each portion of stock is absorbed before adding the next (about 40 minutes total).
- ☐ Add remaining 1/4 teaspoon salt, 1/2 cup stock, cheese, parsley, and pepper; stir until cheese melts.

- Wine note: I like the thought of serving a sparkling wine with Farro Risotto with Mushrooms-- the bubbles match the texture of the grain. Prosecco has become a popular aperitif, but this Soligo Prosecco (\$1
- is fuller bodied than most, so it stands up well to food. With its vibrant stone fruit flavors, it contrasts pleasantly with the earthy character of the mushrooms that dominate this dish. -- Gary Vaynerchuck

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:1.85, Inflammation Score:-8, Nutrition Score:18.794347858947%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 289.66kcal (14.48%), Fat: 6.61g (10.18%), Saturated Fat: 1.57g (9.79%), Carbohydrates: 47.78g (15.93%), Net Carbohydrates: 38.99g (14.18%), Sugar: 4.47g (4.97%), Cholesterol: 3.21mg (1.07%), Sodium: 1240.77mg (53.95%), Alcohol: 2.06g (100%), Alcohol %: 0.66% (100%), Protein: 8.97g (17.95%), Selenium: 40.08µg (57.25%), Manganese: 0.87mg (43.46%), Vitamin K: 45.41µg (43.25%), Fiber: 8.79g (35.16%), Copper: 0.61mg (30.66%), Vitamin B2: 0.47mg (27.38%), Vitamin B3: 5.46mg (27.28%), Phosphorus: 250.36mg (25.04%), Potassium: 553.27mg (15.81%), Vitamin A: 734.44IU (14.69%), Zinc: 2.17mg (14.46%), Vitamin B5: 1.41mg (14.12%), Magnesium: 54.99mg (13.75%), Vitamin B6: 0.27mg (13.68%), Vitamin B1: 0.18mg (12.1%), Iron: 1.97mg (10.93%), Calcium: 96.59mg (9.66%), Folate: 38.09µg (9.52%), Vitamin C: 5.16mg (6.25%), Vitamin E: 0.72mg (4.83%), Vitamin B12: 0.13µg (2.2%)