



Italian Sausage and Wild Mushroom Risotto

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



637 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 13 ounces rice medium-grain
- 1 cup asiago cheese freshly grated
- 0.5 cup butter (1 stick)
- 1 teaspoon thyme sprigs fresh chopped
- 4 garlic clove minced
- 1 pound ground sausage sweet italian crumbled
- 6 cups chicken broth canned
- 1.5 cups madeira wine

- 2 tablespoons olive oil
- 1 large onion chopped
- 1 teaspoon oregano fresh chopped
- 8 ounces portabello mushrooms dark diced stemmed
- 10 ounces mushroom caps fresh diced stemmed

Equipment

- bowl
- frying pan
- sauce pan
- pot

Directions

- Heat oil in large nonstick skillet over medium-high heat.
- Add sausage and sauté until beginning to brown, about 3 minutes.
- Add all mushrooms, thyme, and oregano and sauté until mushrooms are tender, about 10 minutes.
- Add 1/2 cup Madeira; boil until almost absorbed, about 1 minute. Set aside.
- Bring stock to simmer in large saucepan; remove from heat and cover to keep hot. Melt butter in heavy large pot over medium-high heat.
- Add onion and garlic and sauté until onion is translucent, about 5 minutes.
- Add rice; stir 2 minutes.
- Add remaining 1 cup Madeira; simmer until absorbed, about 2 minutes.
- Add 1 cup hot stock; simmer until almost absorbed, stirring often, about 3 minutes. Continue to cook until rice is just tender and mixture is creamy, adding more stock by cupfuls, stirring often and allowing most stock to be absorbed before adding more, about 25 minutes. Stir in sausage mixture. Season to taste with salt and pepper.
- Transfer to serving bowl. Pass cheese separately.

Nutrition Facts



■ PROTEIN 13.78% ■ FAT 55.64% ■ CARBS 30.58%

Properties

Glycemic Index:42.63, Glycemic Load:30.26, Inflammation Score:-8, Nutrition Score:19.882608646932%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 636.92kcal (31.85%), Fat: 37.61g (57.87%), Saturated Fat: 16.63g (103.93%), Carbohydrates: 46.52g (15.51%), Net Carbohydrates: 43.49g (15.81%), Sugar: 3.14g (3.49%), Cholesterol: 82.09mg (27.36%), Sodium: 768.66mg (33.42%), Alcohol: 4.64g (100%), Alcohol %: 1.34% (100%), Protein: 20.96g (41.93%), Selenium: 31.63µg (45.18%), Vitamin B3: 8.95mg (44.74%), Vitamin B1: 0.62mg (41.63%), Manganese: 0.73mg (36.64%), Phosphorus: 354.31mg (35.43%), Folate: 129.56µg (32.39%), Vitamin B6: 0.49mg (24.56%), Iron: 3.67mg (20.39%), Vitamin B2: 0.35mg (20.38%), Copper: 0.38mg (19.22%), Calcium: 187.75mg (18.77%), Vitamin B5: 1.86mg (18.65%), Potassium: 626.55mg (17.9%), Zinc: 2.68mg (17.9%), Vitamin B12: 0.88µg (14.69%), Fiber: 3.04g (12.14%), Magnesium: 41mg (10.25%), Vitamin A: 468.81IU (9.38%), Vitamin E: 0.92mg (6.11%), Vitamin K: 5.15µg (4.9%), Vitamin C: 3.4mg (4.12%), Vitamin D: 0.29µg (1.93%)