



Italian Sausage and Mushroom Risotto

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



1326 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 pound sausage sweet italian crumbled
- ☐ 0.5 pound cremini mushrooms diced
- ☐ 10 ounces mushroom caps fresh diced
- ☐ 1 teaspoon oregano fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1.5 cups madeira wine divided (,)
- ☐ 6 cups chicken stock see gluten-free (use stock if cooking)

- ☐ 0.5 cup butter (1 stick)
- ☐ 1 large onion chopped
- ☐ 4 garlic cloves minced
- ☐ 2 cups arborio rice
- ☐ 0.5 cup parmesan cheese freshly grated (for topping)

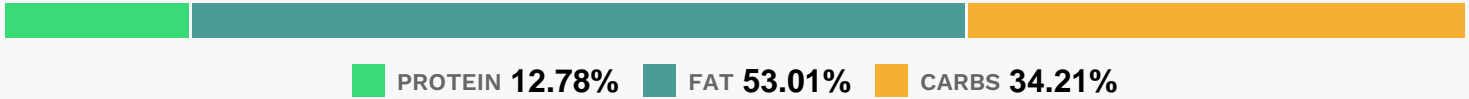
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat olive oil in large skillet over medium heat. Crumble the sausage into the pan, spreading it out in an even layer. Cook for a couple of minutes.
- ☐ Add the mushrooms, thyme, and oregano. Increase the heat to medium high and cook until the mushrooms are tender, about 10 minutes.
- ☐ Add 1/2 cup of the Madeira and scrape to deglaze the pan, about 1 minute. Set aside.
- ☐ Heat chicken stock until it is steamy or simmering in a large saucepan and keep warm over low heat.
- ☐ Cook onions and garlic in butter: Melt butter in a large saucepan over medium-high heat.
- ☐ Add onion and garlic and cook until onion is translucent, about 5 minutes.
- ☐ Add the rice to the onions and cook for a couple of minutes, until the rice starts to brown.
- ☐ Add remaining 1 cup Madeira. Cook, stirring constantly until Madeira has been absorbed, about 2 minutes.
- ☐ Add the hot stock, one ladleful at a time and simmer until it is almost all absorbed by the rice, after each addition. Slowly stir the rice while it is cooking in the stock.
- ☐ Continue to cook until rice is just tender and mixture is creamy, adding more stock by ladlefuls, stirring often and allowing most stock to be absorbed before adding more, until rice is tender, but still firm to the bite, about 20-25 minutes.
- ☐ in the sausage and mushrooms. Season to taste with salt and pepper.
- ☐ Sprinkle with cheese to serve.

Nutrition Facts



Properties

Glycemic Index:85.25, Glycemic Load:65.34, Inflammation Score:-10, Nutrition Score:42.248261068178%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.7mg, Quercetin: 7.7mg, Quercetin: 7.7mg, Quercetin: 7.7mg

Nutrients (% of daily need)

Calories: 1325.96kcal (66.3%), Fat: 74.09g (113.99%), Saturated Fat: 31.71g (198.21%), Carbohydrates: 107.57g (35.86%), Net Carbohydrates: 101.67g (36.97%), Sugar: 10.97g (12.19%), Cholesterol: 166.49mg (55.5%), Sodium: 1744.04mg (75.83%), Alcohol: 9.27g (100%), Alcohol %: 1.33% (100%), Protein: 40.19g (80.37%), Selenium: 73.75µg (105.35%), Vitamin B1: 1.43mg (95.65%), Vitamin B3: 18.63mg (93.14%), Manganese: 1.59mg (79.31%), Folate: 292.71µg (73.18%), Phosphorus: 627.14mg (62.71%), Vitamin B2: 1.06mg (62.31%), Vitamin B6: 1.15mg (57.36%), Copper: 0.92mg (45.82%), Iron: 7.63mg (42.4%), Vitamin B5: 3.98mg (39.78%), Potassium: 1368.77mg (39.11%), Zinc: 5.59mg (37.24%), Fiber: 5.89g (23.58%), Magnesium: 94.27mg (23.57%), Calcium: 232.88mg (23.29%), Vitamin B12: 1.29µg (21.45%), Vitamin A: 850.8IU (17.02%), Vitamin E: 1.91mg (12.72%), Vitamin K: 10.8µg (10.29%), Vitamin C: 7.51mg (9.1%), Vitamin D: 0.4µg (2.68%)