



Karen's Tips for Easy Baked Risotto

READY IN



48 min.

SERVINGS



6

CALORIES



196 kcal

SIDE DISH

Ingredients

- 1 cup arborio rice
- 2 tablespoons butter divided
- 1 cup chicken broth
- 1 cup cremini mushrooms chopped
- 1 tablespoon flour
- 1 cup onion finely chopped
- 0.3 cup parmesan cheese shredded
- 1 teaspoon pepper
- 1 teaspoon salt

- 1 large size oven bag reynolds®
- 1 cup water

Equipment

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

Directions

- Preheat oven to 400 degrees F.
- 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 time 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 cup additional hot water, if needed to make mixture creamy.
- Add additional salt and pepper and garnish with parsley, if desired.

Nutrition Facts



■ PROTEIN 10.71% ■ FAT 25.65% ■ CARBS 63.64%

Properties

Glycemic Index:48.83, Glycemic Load:22.2, Inflammation Score:-5, Nutrition Score:7.3678260536298%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 195.61kcal (9.78%), Fat: 5.54g (8.52%), Saturated Fat: 3.38g (21.13%), Carbohydrates: 30.91g (10.3%), Net Carbohydrates: 29.33g (10.67%), Sugar: 1.56g (1.73%), Cholesterol: 14.59mg (4.86%), Sodium: 656.08mg (28.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.4%), Manganese: 0.47mg (23.41%), Folate: 87.94µg (21.98%), Vitamin B1: 0.23mg (15.52%), Selenium: 10.18µg (14.54%), Vitamin B3: 2.04mg (10.19%), Phosphorus: 96.92mg (9.69%), Iron: 1.68mg (9.34%), Calcium: 80.84mg (8.08%), Copper: 0.16mg (8.04%), Vitamin B2: 0.13mg (7.76%), Vitamin B5: 0.69mg (6.86%), Fiber: 1.58g (6.31%), Vitamin B6: 0.11mg (5.45%), Zinc: 0.75mg (4.97%), Potassium: 137.16mg (3.92%), Magnesium: 15.59mg (3.9%), Vitamin A: 163.15IU (3.26%), Vitamin C: 1.97mg (2.39%), Vitamin B12: 0.09µg (1.57%), Vitamin K: 1.08µg (1.03%)