



 **100%**
HEALTH SCORE

Mock Risotto

 Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



275 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound asparagus trimmed cut into 1-inch pieces, 3 cups thin
- 6 ounces cremini mushrooms quartered
- 2 tablespoons chives fresh chopped
- 2 cloves garlic minced
- 4 servings kosher salt and pepper black freshly ground
- 0.5 teaspoon lemon zest grated
- 3.3 ounces grain brown rice whole
- 2.5 cups chicken broth low-sodium

- 1 tablespoon olive oil
- 1 small onion chopped
- 1 tablespoon parmesan cheese grated
- 3.5 ounces pearl barley
- 1 pinch pepper flakes red crushed

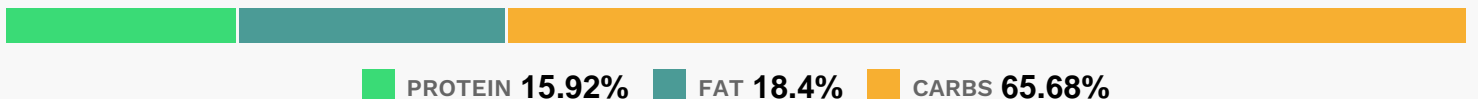
Equipment

- frying pan
- pot

Directions

- Bring a large pot of salted water to boil.
- Add the rice and barley and cook until al dente, 15 minutes.
- Drain well.
- Heat the oil in a large skillet over medium heat.
- Add the onion, garlic, pepper flakes (if using) and salt and pepper to taste. Cook until the onion is tender and beginning to brown, 5 minutes. Stir in the drained rice mixture.
- Add 2 cups broth, cover and cook until the rice and barley are tender, 6 to 8 minutes.
- Stir in the asparagus and mushrooms and continue to cook, covered, until the vegetables are tender, 8 to 10 minutes.
- Remove from the heat and stir in the remaining 1/2 cup broth, cream cheese and Parmesan until melted and creamy.
- Sprinkle with chives and zest.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:1.17, Inflammation Score:-8, Nutrition Score:23.381739008686%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 7.44mg, Isorhamnetin: 7.44mg, Isorhamnetin: 7.44mg, Isorhamnetin: 7.44mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 19.5mg, Quercetin: 19.5mg, Quercetin: 19.5mg, Quercetin: 19.5mg

Nutrients (% of daily need)

Calories: 274.5kcal (13.73%), Fat: 5.92g (9.1%), Saturated Fat: 1.2g (7.5%), Carbohydrates: 47.54g (15.85%), Net Carbohydrates: 39.8g (14.47%), Sugar: 4.25g (4.72%), Cholesterol: 1.09mg (0.36%), Sodium: 76.3mg (3.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.52g (23.04%), Manganese: 1.5mg (74.86%), Vitamin K: 53.77µg (51.21%), Selenium: 29.17µg (41.67%), Vitamin B3: 7.11mg (35.53%), Copper: 0.69mg (34.31%), Fiber: 7.74g (30.96%), Phosphorus: 302.2mg (30.22%), Vitamin B2: 0.48mg (27.96%), Vitamin B1: 0.36mg (23.68%), Iron: 3.99mg (22.18%), Folate: 84.99µg (21.25%), Potassium: 707.8mg (20.22%), Vitamin B6: 0.39mg (19.52%), Magnesium: 77.15mg (19.29%), Vitamin A: 947.42IU (18.95%), Zinc: 2.33mg (15.56%), Vitamin B5: 1.4mg (14.04%), Vitamin E: 2.1mg (13.98%), Vitamin C: 9.31mg (11.28%), Calcium: 73.33mg (7.33%), Vitamin B12: 0.21µg (3.45%)