



Morel Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



255 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup arborio rice medium-grain uncooked
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 cups chicken stock see homemade
- ☐ 0.3 cup vermouth dry
- ☐ 2 tablespoons chives fresh chopped
- ☐ 0.3 cup heavy whipping cream
- ☐ 0.5 pound morel mushrooms halved lengthwise
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 0.3 cup onion finely chopped
- ☐ 2 ounces pecorino romano cheese fresh grated
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots chopped
- ☐ 1 teaspoon thyme leaves

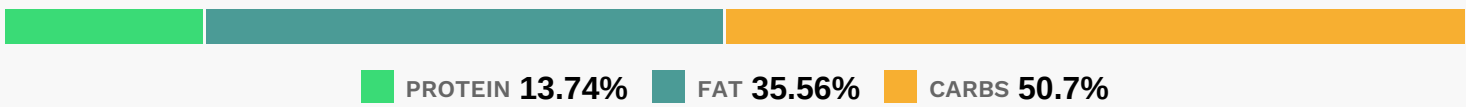
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring Homemade Chicken Stock to a simmer in a small saucepan (do not boil). Keep warm over low heat.
- ☐ Heat oil in a large saucepan over medium heat.
- ☐ Add shallots, onion, and thyme to pan; cook 5 minutes or until tender, stirring frequently.
- ☐ Add mushrooms; cook 1 minute.
- ☐ Add rice; cook 1 minute, stirring frequently. Stir in vermouth; cook 30 seconds or until liquid is nearly absorbed, stirring constantly. Stir in 1 cup stock; cook 4 minutes or until the liquid is nearly absorbed, stirring frequently.
- ☐ Add remaining stock, 1/2 cup at a time, stirring constantly until each portion of stock is absorbed before adding the next (about 25 minutes total).
- ☐ Add cheese, cream, salt, and pepper; cook 2 minutes.
- ☐ Remove from heat; top with chives.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:19.22, Inflammation Score:-6, Nutrition Score:11.09521737306%

Flavonoids

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: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 255.47kcal (12.77%), Fat: 9.87g (15.19%), Saturated Fat: 3.86g (24.11%), Carbohydrates: 31.68g (10.56%), Net Carbohydrates: 29.67g (10.79%), Sugar: 3.14g (3.49%), Cholesterol: 19.38mg (6.46%), Sodium: 411.46mg (17.89%), Alcohol: 0.71g (100%), Alcohol %: 0.42% (100%), Protein: 8.59g (17.17%), Iron: 5.2mg (28.89%), Manganese: 0.52mg (25.9%), Folate: 82.03µg (20.51%), Vitamin B3: 3.79mg (18.96%), Phosphorus: 180.36mg (18.04%), Vitamin B1: 0.24mg (16.02%), Copper: 0.32mg (15.95%), Selenium: 9.1µg (13.01%), Vitamin B2: 0.22mg (12.91%), Vitamin D: 1.6µg (10.67%), Calcium: 102.99mg (10.3%), Vitamin B6: 0.2mg (10.23%), Potassium: 314.79mg (8.99%), Zinc: 1.32mg (8.78%), Fiber: 2.01g (8.05%), Vitamin B5: 0.59mg (5.86%), Magnesium: 23.29mg (5.82%), Vitamin K: 4.52µg (4.3%), Vitamin E: 0.63mg (4.21%), Vitamin A: 187.61IU (3.75%), Vitamin C: 2.08mg (2.52%), Vitamin B12: 0.09µg (1.52%)