



Multigrain Risotto



Vegetarian



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



270 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup brown rice uncooked
- ☐ 1.8 pound butternut squash
- ☐ 0.3 cup carrots chopped
- ☐ 0.3 cup celery chopped
- ☐ 0.3 cup pumpkinseed kernels unsalted toasted
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 ounces fontina shredded
- ☐ 0.5 cup chives fresh chopped

- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 tablespoon sage fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.8 cup leek chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 cup pearl barley uncooked
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup peas green frozen thawed
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sherry vinegar
- ☐ 4 cups shiitake mushroom caps thinly sliced
- ☐ 1 cup tomatoes chopped
- ☐ 0.3 cup water
- ☐ 0.5 cup water
- ☐ 3.5 cups water
- ☐ 0.3 cup rice wild uncooked

Equipment

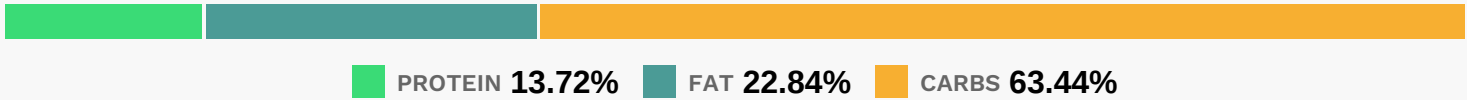
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ Place squash on a baking sheet, and bake at 400 for 1 hour or until tender; let cool. Peel squash, and cut in half lengthwise; discard seeds and membrane. Mash pulp.

- ☐ Combine mashed squash, 1/4 cup water, truffle oil, and vinegar in a blender, and process until smooth; set aside.
- ☐ Place barley in a large nonstick skillet, and cook over medium heat 4 minutes or until toasted. Set aside.
- ☐ Bring 3 1/2 cups water to a boil in a large saucepan.
- ☐ Add rices; cover, reduce heat, and simmer 10 minutes. Stir in toasted barley; cover and simmer 40 minutes or until grains are tender. Set aside.
- ☐ Heat 1 tablespoon olive oil in skillet over medium-high heat.
- ☐ Add mushroom caps, leek, carrot, celery, and garlic; saut 5 minutes.
- ☐ Add 1/4 cup water, and cook 1 minute.
- ☐ Add wine, and cook 2 minutes or until liquid evaporates. Stir in squash mixture, grains, green peas, and next 6 ingredients (green peas through thyme); cook 2 minutes or until thoroughly heated.
- ☐ Remove from heat; stir in cheese, salt, and pepper.
- ☐ Sprinkle with pumpkinseed kernels.

Nutrition Facts



Properties

Glycemic Index:70.74, Glycemic Load:9.17, Inflammation Score:-10, Nutrition Score:32.58739117345%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 8.22mg, Apigenin: 8.22mg, Apigenin: 8.22mg, Apigenin: 8.22mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 270.47kcal (13.52%), Fat: 7.06g (10.86%), Saturated Fat: 2.01g (12.57%), Carbohydrates: 44.14g (14.71%), Net Carbohydrates: 35.23g (12.81%), Sugar: 7.83g (8.69%), Cholesterol: 8.22mg (2.74%), Sodium: 248.36mg

(10.8%), Alcohol: 1.54g (100%), Alcohol %: 0.43% (100%), Protein: 9.55g (19.09%), Vitamin A: 12427.04IU (248.54%), Copper: 2.7mg (134.79%), Vitamin K: 82.52µg (78.59%), Manganese: 1.25mg (62.68%), Vitamin C: 40.24mg (48.78%), Vitamin B3: 7.5mg (37.5%), Fiber: 8.91g (35.65%), Vitamin B6: 0.68mg (34.1%), Phosphorus: 293.03mg (29.3%), Potassium: 960mg (27.43%), Magnesium: 107.85mg (26.96%), Vitamin B5: 2.46mg (24.65%), Vitamin B2: 0.36mg (21.45%), Folate: 84.98µg (21.25%), Zinc: 2.72mg (18.14%), Selenium: 11.91µg (17.01%), Vitamin B1: 0.25mg (16.7%), Iron: 2.78mg (15.43%), Vitamin E: 2.3mg (15.3%), Calcium: 133.06mg (13.31%), Vitamin D: 0.49µg (3.3%), Vitamin B12: 0.12µg (1.98%)