



Mushroom and Barley Risotto

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



552 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoons brandy
- ☐ 8 ounce cremini mushrooms sliced
- ☐ 0.5 ounce porcini mushrooms dried
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 5 garlic cloves minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup lower-sodium chicken broth fat-free
- ☐ 2 tablespoons olive oil

- ☐ 1.5 cups onion chopped
- ☐ 2 cups pearl barley uncooked
- ☐ 2 ounces pecorino romano cheese fresh divided
- ☐ 1.8 cups water
- ☐ 2 cups water boiling

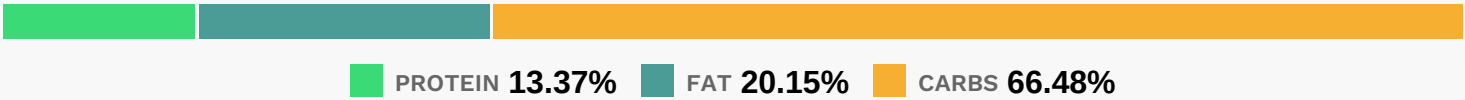
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ dutch oven

Directions

- ☐ Combine 2 cups boiling water and porcini mushrooms; let stand 20 minutes.
- ☐ Drain mushrooms through a sieve over a bowl, reserving liquid. Finely chop mushrooms.
- ☐ Heat a large Dutch oven over medium-high heat.
- ☐ Add olive oil to pan, and swirl to coat.
- ☐ Add onion; cook for 4 minutes.
- ☐ Add cremini mushrooms, and cook for 5 minutes, stirring occasionally.
- ☐ Add porcini mushrooms and garlic; cook 1 minute, stirring constantly.
- ☐ Add barley; cook 30 seconds, stirring constantly.
- ☐ Add brandy; bring to a boil. Cook until liquid almost evaporates (about 1 minute), stirring occasionally.
- ☐ Stir in reserved mushroom liquid, 1 3/4 cups water, and broth; bring to a boil. Cover; reduce heat, and simmer 55 minutes or until liquid evaporates and barley is tender, stirring occasionally.
- ☐ Remove from heat. Grate 1/4 cup (1 ounce) cheese; stir grated cheese and salt into barley mixture.
- ☐ Sprinkle with parsley. Shave remaining 1 ounce cheese over top.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:1.76, Inflammation Score:-8, Nutrition Score:29.810869517534%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 12.26mg, Quercetin: 12.26mg, Quercetin: 12.26mg, Quercetin: 12.26mg

Nutrients (% of daily need)

Calories: 552.37kcal (27.62%), Fat: 12.18g (18.74%), Saturated Fat: 3.69g (23.03%), Carbohydrates: 90.43g (30.14%), Net Carbohydrates: 72.86g (26.49%), Sugar: 4.57g (5.08%), Cholesterol: 14.74mg (4.91%), Sodium: 600.12mg (26.09%), Alcohol: 3.76g (100%), Alcohol %: 0.88% (100%), Protein: 18.19g (36.37%), Selenium: 56.97µg (81.38%), Manganese: 1.6mg (79.79%), Fiber: 17.57g (70.28%), Vitamin K: 68.53µg (65.27%), Copper: 0.97mg (48.45%), Phosphorus: 432.95mg (43.29%), Vitamin B3: 7.42mg (37.08%), Vitamin B2: 0.51mg (30.22%), Magnesium: 105.63mg (26.41%), Vitamin B6: 0.49mg (24.53%), Potassium: 844.33mg (24.12%), Zinc: 3.6mg (24.03%), Calcium: 223.08mg (22.31%), Vitamin B5: 2.08mg (20.79%), Vitamin B1: 0.3mg (19.98%), Iron: 3.37mg (18.7%), Folate: 61.16µg (15.29%), Vitamin C: 10.72mg (13%), Vitamin A: 398.26IU (7.97%), Vitamin E: 1.11mg (7.4%), Vitamin B12: 0.22µg (3.59%), Vitamin D: 0.27µg (1.77%)