



Mushroom and Chicken Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



586 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups arborio rice
- ☐ 2 tablespoons butter
- ☐ 1 tablespoon cooking oil
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 0.5 pound mushrooms cut into thin slices
- ☐ 0.5 cup onion chopped

- ☐ 0.5 cup parmesan cheese grated plus more for serving
- ☐ 1 teaspoon salt
- ☐ 0.7 pound chicken breasts boneless skinless cut into 1/2-inch pieces (2)
- ☐ 5.5 cups veggie broth low-sodium homemade canned

Equipment

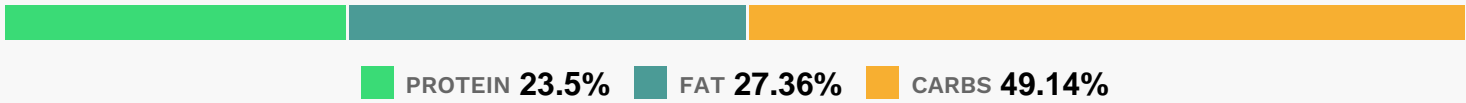
- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ In a large pot, heat the butter over moderate heat.
- ☐ Add the mushrooms. Cook, stirring frequently, until the mushrooms are browned, about 5 minutes.
- ☐ Add the chicken, 1/4 teaspoon of the salt, and the pepper. Cook until the chicken is just done, 3 to 4 minutes.
- ☐ Remove the mixture from the pan. In a medium saucepan, bring the broth to a simmer.
- ☐ In the large pot, heat the oil over moderately low heat.
- ☐ Add the onion and cook, stirring occasionally, until translucent, about 5 minutes.
- ☐ Add the rice and stir until it begins to turn opaque, about 2 minutes.
- ☐ Add the wine and the remaining 3/4 teaspoon salt to the rice. Cook, stirring frequently, until all of the wine has been absorbed.
- ☐ Add about 1/2 cup of the simmering broth and cook, stirring frequently, until it has been absorbed. The rice and broth should bubble gently; adjust the heat as needed. Continue cooking the rice, adding broth 1/2 cup at a time and allowing the rice to absorb it before adding the next 1/2 cup. Cook the rice in this way until tender, 25 to 30 minutes in all. The broth that hasn't been absorbed should be thickened by the starch from the rice. You may not need to use all the liquid, or you may need more broth or some water.
- ☐ Stir in the chicken and mushrooms, the Parmesan, and the parsley and heat through.
- ☐ Serve the risotto with additional Parmesan.

Wine Recommendation: The mushrooms and Parmesan in this dish will go beautifully with one of the lighter red Burgundies, which have fruitiness, earthiness, and firm acidity.

Nutrition Facts



Properties

Glycemic Index:67.5, Glycemic Load:47.93, Inflammation Score:-8, Nutrition Score:27.734782576561%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 586.47kcal (29.32%), Fat: 17.2g (26.47%), Saturated Fat: 6.95g (43.43%), Carbohydrates: 69.51g (23.17%), Net Carbohydrates: 66.41g (24.15%), Sugar: 2.71g (3.01%), Cholesterol: 74.31mg (24.77%), Sodium: 1037.2mg (45.1%), Alcohol: 3.09g (100%), Alcohol %: 0.64% (100%), Protein: 33.24g (66.48%), Vitamin B3: 17.56mg (87.79%), Selenium: 45.37µg (64.82%), Folate: 194.03µg (48.51%), Phosphorus: 469.61mg (46.96%), Manganese: 0.91mg (45.4%), Vitamin B6: 0.84mg (41.87%), Vitamin B1: 0.53mg (35.62%), Vitamin K: 36.55µg (34.81%), Vitamin B5: 2.99mg (29.87%), Vitamin B2: 0.49mg (29.09%), Copper: 0.54mg (27.14%), Iron: 4.74mg (26.33%), Potassium: 884.13mg (25.26%), Zinc: 2.52mg (16.83%), Calcium: 143.86mg (14.39%), Magnesium: 56mg (14%), Fiber: 3.1g (12.42%), Vitamin B12: 0.68µg (11.32%), Vitamin A: 475.3IU (9.51%), Vitamin C: 6.24mg (7.56%), Vitamin E: 1.01mg (6.72%), Vitamin D: 0.25µg (1.68%)