



Mushroom and Parmesan Brown Rice Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



525 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pinch pepper black
- 0.5 tablespoon butter
- 0.5 cup crimini mushrooms sliced
- 1 tablespoon garlic minced
- 3 tablespoons olive oil
- 0.3 cup onion diced finely
- 55 grams parmesan finely grated
- 2 teaspoons parsley minced

- 1 pinch salt
- 0.5 cup short grain brown rice
- 1.3 cups vegetable stock

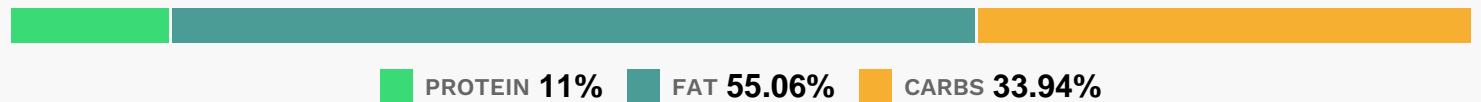
Equipment

- sauce pan

Directions

- Heat oil and butter in a saucepan over medium heat.
- Add onion and saut until translucent.
- Add mushrooms and stir for about 2 minutes.
- Add garlic and saut, stirring constantly, until fragrant.
- Add rice and stir for 1-2 minutes.
- Pour in chicken stock and bring to a boil.Reduce heat to low and cover. Allow rice to cook for 35-40 minutes, or until all of the liquid is absorbed. Stir in the parmesan cheese and parsley.

Nutrition Facts



Properties

Glycemic Index:150.88, Glycemic Load:23.25, Inflammation Score:-7, Nutrition Score:17.408260869565%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 524.96kcal (26.25%), Fat: 32.34g (49.76%), Saturated Fat: 9.49g (59.33%), Carbohydrates: 44.86g (14.95%), Net Carbohydrates: 42.61g (15.49%), Sugar: 2.67g (2.97%), Cholesterol: 26.23mg (8.74%), Sodium: 1074.98mg (46.74%), Protein: 14.54g (29.09%), Manganese: 2mg (100.09%), Calcium: 358.6mg (35.86%), Phosphorus: 357.35mg (35.73%), Magnesium: 88.43mg (22.11%), Vitamin E: 3.18mg (21.17%), Vitamin B6: 0.37mg

(18.66%), Vitamin B1: 0.25mg (16.79%), Selenium: 11.57µg (16.53%), Vitamin B3: 2.97mg (14.84%), Vitamin K: 15.22µg (14.5%), Zinc: 2.05mg (13.66%), Copper: 0.26mg (12.89%), Vitamin A: 624.54IU (12.49%), Vitamin B2: 0.21mg (12.48%), Vitamin B5: 1.19mg (11.94%), Fiber: 2.25g (8.99%), Potassium: 287.45mg (8.21%), Iron: 1.44mg (7.98%), Vitamin B12: 0.35µg (5.9%), Folate: 20.61µg (5.15%), Vitamin C: 2.86mg (3.47%), Vitamin D: 0.16µg (1.04%)