



Mushroom and Roasted Garlic Risotto

 Gluten Free

READY IN



85 min.

SERVINGS



6

CALORIES



393 kcal

SIDE DISH

Ingredients

- 1.5 cups arborio rice uncooked
- 0.5 teaspoon pepper black freshly ground
- 5 cups chicken stock see unsalted divided
- 8 ounces cremini mushrooms thinly sliced
- 0.5 ounce the following: parmesan rind) dried
- 2 tablespoons fresh sage fresh chopped
- 2 garlic whole
- 1 teaspoon kosher salt

- 0.5 cup madeira wine divided
- 2 tablespoons olive oil extra-virgin divided
- 1.8 cups onion chopped
- 0.5 cup parmesan cheese grated
- 8 ounces shiitake mushroom caps thinly sliced

Equipment

- bowl
- frying pan
- sauce pan
- oven
- aluminum foil
- dutch oven
- colander

Directions

- Preheat oven to 425
- Cut the top off each garlic head; discard. Rub cut side of each garlic head with 1 teaspoon oil.
- Remove white papery skin from garlic heads (do not peel or separate the cloves). Wrap garlic in foil.
- Bake at 425 for 1 hour or until tender; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins.
- Combine garlic pulp and 2 tablespoons Madeira in a bowl; mash with a fork.
- Bring 1 1/2 cups stock to a boil.
- Add porcini; let stand 30 minutes or until soft.
- Drain through a colander over a bowl, reserving soaking liquid; chop porcini.
- Combine porcini liquid and remaining 3 1/2 cups stock; bring to a simmer in a medium saucepan (do not boil). Keep warm.
- Heat a Dutch oven over medium heat.

- Add remaining 2 tablespoons oil; swirl to coat.
- Add onion to pan; saut 5 minutes or until tender.
- Add cremini and shiitake mushrooms; cook 5 minutes or until browned, stirring occasionally. Stir in porcini.
- Add rice; saut 1 minute, stirring constantly.
- Add remaining 1/2 cup Madeira; cook 1 minute or until liquid is absorbed. Stir in 1 1/2 cups stock; cook 4 minutes or until liquid is nearly absorbed, stirring constantly.
- Add remaining stock, 3/4 cup at a time, stirring constantly until each portion of stock is absorbed before adding the next (about 25 minutes total). Reserve 1/3 cup stock from the last addition.
- Remove pan from heat; stir in garlic mixture, remaining stock, cheese, salt, pepper, and chopped sage. Spoon into shallow bowls.
- Garnish with sage leaves, if desired.

Nutrition Facts



■ **PROTEIN 14.75%**
■ **FAT 23.47%**
■ **CARBS 61.78%**

Properties

Glycemic Index:40.83, Glycemic Load:33.05, Inflammation Score:0, Nutrition Score:22.62695656652%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.5mg, Quercetin: 9.5mg, Quercetin: 9.5mg, Quercetin: 9.5mg

Nutrients (% of daily need)

Calories: 392.96kcal (19.65%), Fat: 9.88g (15.21%), Saturated Fat: 2.81g (17.58%), Carbohydrates: 58.53g (19.51%), Net Carbohydrates: 54.69g (19.89%), Sugar: 7.01g (7.79%), Cholesterol: 11.67mg (3.89%), Sodium: 816.82mg (35.51%), Alcohol: 2.06g (100%), Alcohol %: 0.63% (100%), Protein: 13.98g (27.96%), Copper: 6.67mg (333.37%), Manganese: 1.01mg (50.51%), Vitamin B3: 8.56mg (42.79%), Selenium: 27.3µg (39%), Folate: 153.42µg (38.36%), Vitamin B2: 0.54mg (31.67%), Vitamin B1: 0.44mg (29%), Phosphorus: 273.64mg (27.36%), Vitamin B5: 2.41mg

(24.07%), Vitamin B6: 0.47mg (23.45%), Potassium: 673.37mg (19.24%), Iron: 3.39mg (18.83%), Fiber: 3.84g (15.37%), Zinc: 2.2mg (14.67%), Calcium: 142.47mg (14.25%), Magnesium: 47.86mg (11.96%), Vitamin C: 4.25mg (5.15%), Vitamin E: 0.77mg (5.11%), Vitamin K: 3.91µg (3.72%), Vitamin B12: 0.14µg (2.3%), Vitamin D: 0.32µg (2.15%), Vitamin A: 73.02IU (1.46%)