



Mushroom and Squash Risotto

 Gluten Free

READY IN



100 min.

SERVINGS



6

CALORIES



516 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups arborio rice
- 1 bay leaf
- 3 peppercorns black
- 8 ounces butternut squash diced peeled seeded
- 1 cinnamon sticks
- 0.5 ounce porcini mushrooms dried
- 1 cup cooking wine dry white
- 0.5 cup parsley fresh chopped

- 1 clove garlic finely chopped
- 6 servings kosher salt
- 1 pound mushrooms mixed (such as oyster and cremini)
- 2 tablespoons olive oil extra-virgin
- 0.5 medium onion finely chopped
- 0.5 cup parmesan cheese grated shaved for serving
- 0.3 teaspoon pepper flakes red
- 0.5 pound mushroom caps
- 6 tablespoons butter unsalted

Equipment

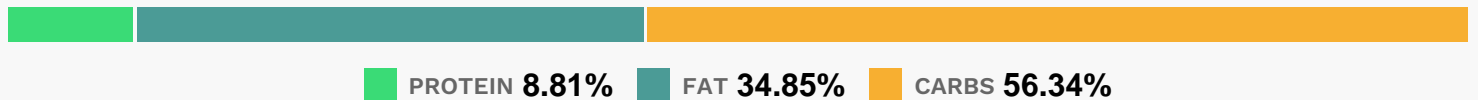
- frying pan
- sauce pan

Directions

- Soak the porcinis in 5 cups hot water, 30 minutes. Strain into a saucepan, squeezing the liquid from the porcinis; chop the porcinis and set aside.
- Remove the shiitake stems and transfer to a separate saucepan.
- Add 5 cups water, the bay leaf, 1/2 cinnamon stick, the peppercorns and 1/2 teaspoon salt. Bring to a boil and cook 3 minutes, then remove from the heat and set aside to infuse, 30 minutes. Strain into the saucepan with the porcini soaking liquid, squeezing the liquid from the shiitake stems; discard the solids.
- Meanwhile, chop the shiitake mushroom caps and mixed mushrooms.
- Heat 3 tablespoons butter and 1 tablespoon olive oil in an extra-large skillet over medium-high heat.
- Add the garlic, red pepper flakes and the remaining 1/2 cinnamon stick and cook, stirring, 1 minute.
- Add the shiitake caps and mixed mushrooms in an even layer and cook, undisturbed, until browned, about 5 minutes. Stir and continue cooking until the mushrooms are soft, about 3 more minutes. Season with salt and discard the cinnamon stick.
- Bring the mushroom broth to a simmer.

- Heat 2 tablespoons butter and the remaining 1 tablespoon olive oil in a large saucepan over medium heat.
- Add the squash, onion, porcinis and 1/2 teaspoon salt; cook, stirring, 5 minutes.
- Add the rice and toast, stirring constantly, 2 minutes.
- Add the wine and simmer, stirring, until absorbed, 1 minute.
- Add 3 cups hot broth, return to a simmer and cook, stirring, until most of the liquid is absorbed, 8 to 10 more minutes.
- Add 3 more cups broth and the mushroom mixture; bring to a simmer and cook, stirring, until the rice is al dente, 10 to 15 minutes.
- Remove from the heat and stir in the remaining 1 tablespoon butter, the grated cheese and parsley.
- Add more broth, if needed. Season with salt and serve with more cheese.
- Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:52.33, Glycemic Load:43.82, Inflammation Score:-10, Nutrition Score:29.521739047507%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 516.39kcal (25.82%), Fat: 19.21g (29.56%), Saturated Fat: 9.33g (58.29%), Carbohydrates: 69.88g (23.29%), Net Carbohydrates: 63.46g (23.08%), Sugar: 4.5g (5%), Cholesterol: 35.77mg (11.92%), Sodium: 348.31mg (15.14%), Alcohol: 4.12g (100%), Alcohol %: 1.72% (100%), Protein: 10.93g (21.85%), Vitamin A: 4882.18IU (97.64%), Vitamin K: 86.9µg (82.77%), Manganese: 1.25mg (62.25%), Folate: 193.66µg (48.41%), Vitamin B3: 8.09mg (40.47%),

Vitamin B5: 3.34mg (33.36%), Vitamin B1: 0.45mg (30.29%), Vitamin B6: 0.58mg (29%), Selenium: 20.02µg (28.61%), Phosphorus: 285.2mg (28.52%), Fiber: 6.42g (25.67%), Copper: 0.47mg (23.65%), Iron: 4.21mg (23.39%), Vitamin B2: 0.36mg (21.36%), Vitamin C: 15.54mg (18.83%), Potassium: 652.18mg (18.63%), Zinc: 2.52mg (16.8%), Magnesium: 66.06mg (16.51%), Calcium: 144.86mg (14.49%), Vitamin E: 1.64mg (10.97%), Vitamin D: 0.8µg (5.32%), Vitamin B12: 0.12µg (2.06%)