



Mushroom-Brown Rice Risotto



Gluten Free



Very Healthy

READY IN



66 min.

SERVINGS



4

CALORIES



402 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black divided
- ☐ 1 pound cremini mushrooms sliced
- ☐ 0.5 ounce porcini mushrooms dried
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 3 cups cut green beans (1-inch)
- ☐ 1.5 teaspoons kosher salt divided
- ☐ 2 tablespoons olive oil divided

- ☐ 0.5 cup parmigiano-reggiano cheese grated
- ☐ 0.5 cup shallots chopped
- ☐ 1 cup short-grain brown rice
- ☐ 3 cups water hot
- ☐ 0.5 cup white wine

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Bring a medium saucepan of water to a boil, and add 1 teaspoon salt. Stir in rice; reduce heat, and simmer for 15 minutes (rice will not be done).
- ☐ Drain. Set aside.
- ☐ Place porcini in a medium bowl; add 3 cups hot water.
- ☐ Let stand 15 minutes.
- ☐ Drain through a sieve over a bowl; reserve liquid. Chop porcini.
- ☐ Heat 1 tablespoon oil in a large skillet over medium-high heat.
- ☐ Add sliced fresh mushrooms; saut for 8 minutes or until moisture evaporates and mushrooms begin to brown, stirring occasionally. Stir in reserved porcini, green beans, 1/4 teaspoon salt, and 1/4 teaspoon black pepper; cook for 2 minutes or until the green beans are crisp-tender.
- ☐ Place mushroom mixture in a large bowl; keep warm.
- ☐ Return pan to medium-high heat; add remaining 1 tablespoon oil.
- ☐ Add shallots, and saut 4 minutes or until tender.
- ☐ Add rice; cook for 2 minutes, stirring occasionally. Stir in remaining 1/4 teaspoon salt and 1/4 teaspoon black pepper. Stir in wine; cook 2 minutes or until the wine evaporates, stirring constantly.

- ☐ Add 1/2 cup reserved mushroom liquid to rice mixture; cook 3 minutes or until the liquid is nearly absorbed, stirring constantly. Stir in remaining mushroom liquid, 1/2 cup at a time, stirring constantly until each portion is absorbed before adding the next (about 30 minutes total). Stir in mushroom mixture, Parmigiano-Reggiano, and parsley; sprinkle with thyme.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:71.44, Glycemic Load:24.54, Inflammation Score:-9, Nutrition Score:32.827826302984%

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: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 401.77kcal (20.09%), Fat: 11.98g (18.44%), Saturated Fat: 3.37g (21.05%), Carbohydrates: 58.17g (19.39%), Net Carbohydrates: 51.89g (18.87%), Sugar: 7.47g (8.3%), Cholesterol: 8.5mg (2.83%), Sodium: 1102.82mg (47.95%), Alcohol: 3.09g (100%), Alcohol %: 0.76% (100%), Protein: 13.86g (27.71%), Manganese: 2.43mg (121.68%), Vitamin K: 102.17µg (97.3%), Copper: 1.02mg (51.01%), Selenium: 34.83µg (49.75%), Vitamin B2: 0.77mg (45.22%), Phosphorus: 423.37mg (42.34%), Vitamin B3: 7.76mg (38.82%), Vitamin B5: 3.59mg (35.87%), Vitamin B6: 0.67mg (33.29%), Magnesium: 127.42mg (31.85%), Potassium: 1032.47mg (29.5%), Vitamin B1: 0.42mg (28.04%), Fiber: 6.29g (25.16%), Calcium: 245.73mg (24.57%), Vitamin C: 19.14mg (23.2%), Folate: 88.77µg (22.19%), Zinc: 3.31mg (22.04%), Vitamin A: 1032.84IU (20.66%), Iron: 3.28mg (18.23%), Vitamin E: 1.43mg (9.52%), Vitamin B12: 0.26µg (4.39%), Vitamin D: 0.31µg (2.09%)