



Mushroom-Herb Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



231 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups rice medium-grain white
- ☐ 0.5 cup wine dry white
- ☐ 4.5 cups fat-skimmed beef broth reduced-sodium
- ☐ 1.5 pounds mushrooms fresh cleaned thinly sliced (see notes) (see below)
- ☐ 1 tablespoon sage fresh chopped
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 2 tablespoons olive oil

- ☐ 1 cup onion finely chopped
- ☐ 0.5 cup parmesan shredded dry italian (see notes)
- ☐ 2 tablespoons parsley chopped
- ☐ 8 servings salt and pepper

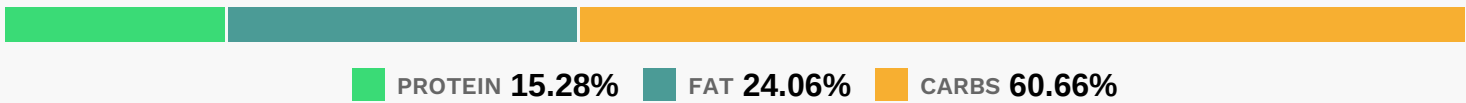
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ colander

Directions

- ☐ Pour oil into a 5- to 6-quart pan over medium-high heat; when hot, add onion and mushrooms and stir often until onion is limp and liquid has evaporated, 5 to 6 minutes.
- ☐ Add rice and stir until opaque, about 3 minutes.
- ☐ Add wine and stir until it's absorbed, 1 to 2 minutes.
- ☐ Add 4 1/2 cups broth and bring to a boil over high heat, stirring often. Reduce heat and simmer, stirring often until rice is tender to bite, 15 to 20 minutes. If a creamier consistency is desired, stir in about 1/2 cup more broth. Stir in cheese, parsley, sage, tarragon, and thyme.
- ☐ Add salt and pepper to taste.
- ☐ Cleaning mushrooms: Trim off tough or discolored bottoms of mushroom stems and any bruised spots or blemishes. (For shiitakes and oysters, remove the entire fibrous stem.) For firm mushrooms such as portabellas, wipe dirt off with a damp cloth or place in a colander, rinse thoroughly under cool running water, and pat dry with towels. For delicate mushrooms that have lots of places for dirt to hide, such as chanterelles and hedgehogs, submerge in a bowl of cool water and gently agitate with you hands to loose any particles.
- ☐ Drain, rinse carefully under running water, and gently pat dry with a towel.

Nutrition Facts



Properties

Glycemic Index:38.65, Glycemic Load:18.15, Inflammation Score:-8, Nutrition Score:15.862173935641%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 231.08kcal (11.55%), Fat: 5.99g (9.22%), Saturated Fat: 1.66g (10.41%), Carbohydrates: 33.99g (11.33%), Net Carbohydrates: 32.07g (11.66%), Sugar: 2.97g (3.3%), Cholesterol: 4.25mg (1.42%), Sodium: 824.98mg (35.87%), Alcohol: 1.54g (100%), Alcohol %: 0.66% (100%), Protein: 8.56g (17.13%), Copper: 2.67mg (133.37%), Manganese: 0.64mg (31.88%), Vitamin B2: 0.43mg (25.4%), Selenium: 17.52µg (25.03%), Vitamin B3: 4.5mg (22.51%), Vitamin B5: 1.85mg (18.45%), Phosphorus: 183.48mg (18.35%), Vitamin K: 18.79µg (17.89%), Potassium: 434.82mg (12.42%), Calcium: 117.28mg (11.73%), Vitamin B6: 0.23mg (11.27%), Iron: 1.62mg (8.99%), Vitamin B1: 0.12mg (8.01%), Vitamin C: 6.43mg (7.8%), Fiber: 1.92g (7.66%), Zinc: 1.14mg (7.63%), Magnesium: 30.07mg (7.52%), Folate: 27.21µg (6.8%), Vitamin B12: 0.36µg (6.07%), Vitamin A: 211.77IU (4.24%), Vitamin E: 0.58mg (3.84%), Vitamin D: 0.2µg (1.34%)