



Mushroom-Pea Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



360 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups arborio rice
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- 6 cups chicken broth
- 2 cloves garlic minced
- 1 teaspoon olive oil
- 2 cups onion diced
- 0.7 cup parmesan grated
- 1 cup peas green frozen thawed

- 8 servings salt and pepper to taste
- 8 ounces mushrooms white sliced
- 8 ounces mushrooms white sliced

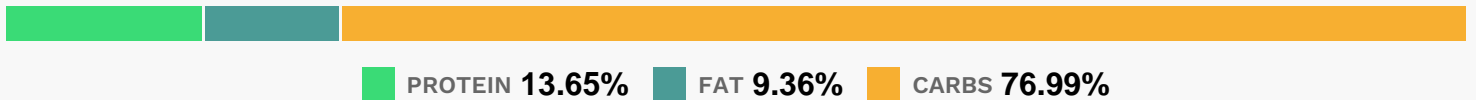
Equipment

- frying pan

Directions

- Bring broth to a simmer, remove from heat and cover.
- Heat oil in a large skillet over medium heat.
- Add onions and saute until tender, about 10 minutes.
- Add mushrooms and garlic and continue to cook until mushrooms are tender. Stir in rice and saute until it become translucent.Reduce heat to medium-low.
- Add vermouth and cook until the liquid is absorbed.
- Add broth, 1 cup at a time, stirring often. Be sure all liquid is absorbed before adding the next cup of broth. Continue until rice is tender and creamy.
- Add peas and Parmesan, season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:44.54, Glycemic Load:49.03, Inflammation Score:-6, Nutrition Score:17.952173913043%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg

Taste

Sweetness: 23.05%, Saltiness: 100%, Sourness: 20.17%, Bitterness: 26.05%, Savoriness: 62.56%, Fattiness: 61.69%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 360.43kcal (18.02%), Fat: 3.72g (5.73%), Saturated Fat: 1.62g (10.14%), Carbohydrates: 68.85g (22.95%), Net Carbohydrates: 64.45g (23.44%), Sugar: 4.68g (5.2%), Cholesterol: 9.19mg (3.06%), Sodium: 987.41mg (42.93%), Protein: 12.2g (24.41%), Manganese: 1.03mg (51.3%), Folate: 202.88µg (50.72%), Vitamin B1: 0.58mg (38.54%), Vitamin B3: 5.97mg (29.85%), Selenium: 19.81µg (28.3%), Vitamin B2: 0.43mg (25.36%), Iron: 4.02mg (22.31%), Phosphorus: 217.22mg (21.72%), Copper: 0.42mg (20.84%), Vitamin B5: 1.94mg (19.4%), Fiber: 4.4g (17.58%), Vitamin B6: 0.28mg (14.14%), Vitamin C: 11.63mg (14.1%), Calcium: 124.88mg (12.49%), Zinc: 1.77mg (11.83%), Potassium: 382.37mg (10.92%), Magnesium: 37.96mg (9.49%), Vitamin K: 5.11µg (4.87%), Vitamin A: 208.13IU (4.16%), Vitamin B12: 0.16µg (2.63%), Vitamin E: 0.2mg (1.32%), Vitamin D: 0.16µg (1.03%)