



Mushroom rice stuffing

 Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



123 kcal

SIDE DISH

Ingredients

- ☐ 25 g pack porcini mushrooms dried
- ☐ 425 ml vegetable stock hot
- ☐ 2 tbsp olive oil
- ☐ 1 onion finely chopped
- ☐ 2 tbsp pinenuts
- ☐ 2 garlic cloves crushed
- ☐ 200 g arborio rice
- ☐ 100 ml white wine

- ☐ 1 eggs beaten
- ☐ 1 tbsp basil shredded
- ☐ 4 tbsp parmesan grated

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Oil a non-stick 12-hole bun tin and line holes with two strips baking parchment, to form a cross.
- ☐ Put the mushrooms in a bowl and pour over hot vegetable stock. Leave for 20 mins, then strain, reserve the stock and chop the mushrooms, if large.
- ☐ Heat oil in a pan, add onion and fry for 5 mins until softened.
- ☐ Add the pine nuts and fry until lightly toasted.
- ☐ Add the garlic, rice and cook for 2 mins.
- ☐ Tip in wine, let it bubble, then add the reserved stock, mushrooms and bring to the boil. Reduce heat, cover and simmer for 10 mins, until the rice is just cooked.
- ☐ Remove from heat and cool, then stir in the egg, basil, pepper, and salt, if using.
- ☐ Fill the tins with stuffing, sprinkle over parmesan.
- ☐ Bake for 20–25 mins, until golden on top. Cool in the tins, or for 5 mins if serving straight away.
- ☐ Remove by pulling up the parchment crosses. Make up to two days ahead. Reheat on an oiled baking sheet, at 200C/fan 180C/gas 6 for 10 mins.

Nutrition Facts



Properties

Glycemic Index:24.67, Glycemic Load:10.92, Inflammation Score:-3, Nutrition Score:5.0678261052007%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 122.68kcal (6.13%), Fat: 4.37g (6.73%), Saturated Fat: 0.82g (5.15%), Carbohydrates: 16.77g (5.59%), Net Carbohydrates: 15.82g (5.75%), Sugar: 0.91g (1.01%), Cholesterol: 14.77mg (4.92%), Sodium: 174.04mg (7.57%), Alcohol: 0.87g (100%), Alcohol %: 1.35% (100%), Protein: 2.72g (5.45%), Manganese: 0.38mg (19.07%), Folate: 46.5µg (11.63%), Copper: 0.18mg (8.76%), Vitamin B1: 0.11mg (7.63%), Vitamin B5: 0.76mg (7.58%), Selenium: 5.12µg (7.31%), Phosphorus: 55.61mg (5.56%), Iron: 0.99mg (5.51%), Vitamin B3: 1.09mg (5.44%), Vitamin K: 4.6µg (4.38%), Vitamin B6: 0.08mg (4.01%), Zinc: 0.58mg (3.86%), Vitamin B2: 0.07mg (3.84%), Fiber: 0.94g (3.77%), Vitamin E: 0.54mg (3.6%), Magnesium: 14.16mg (3.54%), Calcium: 27.51mg (2.75%), Vitamin A: 136.15IU (2.72%), Potassium: 84.13mg (2.4%), Vitamin C: 1.02mg (1.23%), Vitamin D: 0.16µg (1.09%)