

Mushroom Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



498 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups arborio rice
- 2 bay leaves
- 2 tablespoons butter
- 1 pound portobello and crimini mushrooms fresh sliced
- 1 ounce porcini mushrooms dried
- 0.5 cup cooking wine dry white
- 2 tablespoons thyme leaves fresh chopped
- 2 garlic cloves divided minced

- 8 cups chicken broth low sodium
- 3 tablespoons olive oil divided
- 1 onion diced divided
- 0.5 cup parmesan cheese fresh grated
- 2 tablespoons parsley fresh italian chopped
- 6 servings parsley fresh italian for garnish
- 6 servings salt and pepper
- 1 tablespoon truffle oil

Equipment

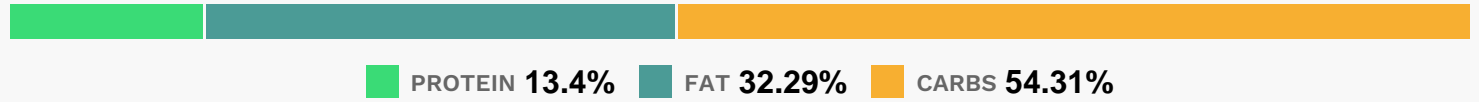
- frying pan
- sauce pan
- ladle

Directions

- Heat the chicken broth in a medium saucepan and keep warm over low heat.
- Heat 1 tablespoon of oil in a large skillet over medium heat.
- Add 1/2 onion and 1 clove garlic, cook, stirring, until translucent, about 5 minutes.
- Add the fresh mushrooms, herbs and butter.
- Saute for 3 to 5 minutes until lightly browned, season with salt and pepper.
- Drizzle in truffle oil then add the dried porcini mushrooms which were reconstituted in 1 cup of warm chicken broth. Season again with salt and fresh cracked pepper.
- Saute 1 minute then remove from heat and set aside.
- Coat a saucepan with remaining 2 tablespoons of oil.
- Saute the remaining 1/2 onion and garlic clove.
- Add the rice and stir quickly until it is well-coated and opaque, 1 minute. This step cooks the starchy coating and prevents the grains from sticking. Stir in wine and cook until it is nearly all evaporated.
- Now, with a ladle, add 1 cup of the warm broth and cook, stirring, until the rice has absorbed the liquid.

- Add the remaining broth, 1 cup at a time. Continue to cook and stir, allowing the rice to absorb each addition of broth before adding more. The risotto should be slightly firm and creamy, not mushy.
- Transfer the mushrooms to the rice mixture. Stir in Parmesan cheese, cook briefly until melted. Top with a drizzle of truffle oil and chopped parsley before serving.

Nutrition Facts



Properties

Glycemic Index:56.67, Glycemic Load:42.52, Inflammation Score:-10, Nutrition Score:28.164348135824%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 11.56mg, Apigenin: 11.56mg, Apigenin: 11.56mg, Apigenin: 11.56mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 497.87kcal (24.89%), Fat: 17.74g (27.28%), Saturated Fat: 5.76g (36%), Carbohydrates: 67.12g (22.37%), Net Carbohydrates: 63.41g (23.06%), Sugar: 2.91g (3.23%), Cholesterol: 15.7mg (5.23%), Sodium: 462.81mg (20.12%), Alcohol: 2.06g (100%), Alcohol %: 0.49% (100%), Protein: 16.56g (33.12%), Vitamin K: 93.72µg (89.26%), Vitamin B3: 10.78mg (53.9%), Selenium: 34.08µg (48.69%), Manganese: 0.97mg (48.58%), Folate: 194.25µg (48.56%), Copper: 0.96mg (47.87%), Vitamin B2: 0.61mg (35.97%), Phosphorus: 337.35mg (33.73%), Vitamin B1: 0.48mg (32.22%), Vitamin B5: 3.14mg (31.37%), Iron: 4.85mg (26.94%), Potassium: 830.27mg (23.72%), Zinc: 2.64mg (17.62%), Vitamin B6: 0.34mg (16.99%), Vitamin C: 12.68mg (15.37%), Calcium: 153.63mg (15.36%), Vitamin A: 744.36IU (14.89%), Fiber: 3.71g (14.83%), Magnesium: 45.81mg (11.45%), Vitamin E: 1.52mg (10.15%), Vitamin B12: 0.5µg (8.3%), Vitamin D: 0.3µg (2.01%)