



Mushroom Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



416 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 7 ounces arborio rice
- ☐ 0.8 ounce porcini mushrooms dried
- ☐ 0.3 cup cooking wine dry white
- ☐ 3 ounce enoki mushrooms
- ☐ 1 tablespoon flat-leaf parsley chopped
- ☐ 1 garlic clove minced
- ☐ 4.5 cups chicken stock see low-sodium
- ☐ 1.5 tablespoons olive oil extra-virgin

- ☐ 1 small onion minced
- ☐ 2 tablespoons parmesan cheese freshly grated plus more for serving
- ☐ 4 servings salt and pepper freshly ground
- ☐ 0.5 pound mushroom caps sliced
- ☐ 1 teaspoon thyme leaves
- ☐ 3 tablespoons butter unsalted
- ☐ 1 cup water hot

Equipment

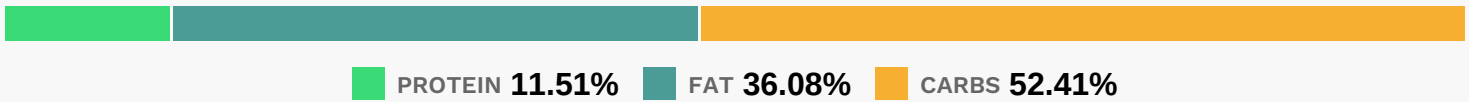
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ measuring cup
- ☐ slotted spoon

Directions

- ☐ In a heatproof bowl, cover the dried porcini with the hot water and let the mushrooms soak until they are softened, about 20 minutes. Lift the porcini from the soaking liquid, then rinse and coarsely chop them. Slowly pour the porcini soaking liquid into a measuring cup, stopping just before you reach the grit at the bottom.
- ☐ Melt 2 tablespoons of the unsalted butter in a medium skillet.
- ☐ Add the enoki mushrooms in an even layer, season with salt and pepper and cook over moderate heat, without stirring, until the mushrooms are golden brown, about 4 minutes. Stir the enoki and cook until evenly browned and crisp, about 1 minute longer. Using a slotted spoon, transfer the enoki mushrooms to a paper towel to drain.
- ☐ Add 1/2 tablespoon of the olive oil to the medium skillet.
- ☐ Add the shiitake mushrooms and season with salt and pepper. Cover and cook the mushrooms over moderate heat until golden, about 4 minutes. Uncover and cook, stirring, until the mushrooms are browned all over, about 2 minutes longer. Cover and set aside.

- ☐ In a medium saucepan, bring the chicken stock and the porcini soaking liquid to a boil. Cover the stock and reduce the heat to low.
- ☐ In a large saucepan, heat the remaining 1 tablespoon of olive oil.
- ☐ Add the onion, garlic and thyme and cook over moderate heat until the onion is golden, about 4 minutes.
- ☐ Add the rice and cook, stirring, until coated with oil.
- ☐ Add the wine and simmer until almost evaporated, about 1 minute.
- ☐ Add enough hot stock to cover the rice and cook, stirring constantly, until it is absorbed. Continue to add the stock, 1 cup at a time, stirring constantly until it is absorbed between additions. The risotto is done when the rice is just tender and creamy, about 25 minutes total.
- ☐ Stir in the reserved porcini and shiitake mushrooms, the remaining 1 tablespoon of butter and the 2 tablespoons of Parmesan cheese. Season with salt and pepper.
- ☐ Add the enoki to the shiitake skillet. Cook over high heat, stirring, until hot. Spoon the mushroom risotto into shallow bowls. Top the risotto with the fried enoki mushrooms and chopped parsley and serve with more Parmesan cheese.
- ☐ Make Ahead: The shiitake and enoki mushrooms can be prepared through Step 3 early in the day and kept at room temperature.

Nutrition Facts



Properties

Glycemic Index:65.75, Glycemic Load:32.36, Inflammation Score:-8, Nutrition Score:18.91956513861%

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: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg

Nutrients (% of daily need)

Calories: 416.47kcal (20.82%), Fat: 16.75g (25.76%), Saturated Fat: 7.08g (44.24%), Carbohydrates: 54.74g (18.25%), Net Carbohydrates: 50.34g (18.3%), Sugar: 2.77g (3.08%), Cholesterol: 24.75mg (8.25%), Sodium: 330.52mg (14.37%), Alcohol: 1.54g (100%), Alcohol %: 0.38% (100%), Protein: 12.02g (24.03%), Vitamin B3: 10.19mg (50.96%), Manganese: 0.79mg (39.46%), Folate: 146.55µg (36.64%), Copper: 0.64mg (32.18%), Vitamin B5: 3mg (29.97%), Phosphorus: 256.64mg (25.66%), Vitamin B1: 0.37mg (24.35%), Selenium: 14.83µg (21.19%), Vitamin B2: 0.36mg (21.17%), Vitamin B6: 0.39mg (19.64%), Vitamin K: 20.48µg (19.51%), Iron: 3.51mg (19.49%), Potassium: 651.28mg (18.61%), Fiber: 4.41g (17.63%), Zinc: 2.14mg (14.27%), Magnesium: 42.24mg (10.56%), Vitamin A: 392.43IU (7.85%), Vitamin E: 1.03mg (6.84%), Vitamin B12: 0.32µg (5.29%), Calcium: 50.53mg (5.05%), Vitamin C: 3.85mg (4.66%), Vitamin D: 0.63µg (4.17%)