

Mushroom Risotto

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



700 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups mushrooms fresh (such as portabella or cremini)
- ☐ 64 oz chicken broth (8 cups)
- ☐ 2 sprigs thyme sprigs fresh
- ☐ 1 bay leaves dried
- ☐ 1 tablespoon soya sauce
- ☐ 3 tablespoons butter
- ☐ 0.5 cup onion white yellow finely chopped (1 medium)
- ☐ 1.8 cups arborio rice uncooked

- ☐ 0.8 cup wine dry white
- ☐ 0.5 cup cream cheese cut into cubes (half of 8-oz package)
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 1 serving pepper black freshly ground
- ☐ 2 tablespoons olive oil
- ☐ 12 sage fresh
- ☐ 1 serving salt
- ☐ 1 serving parmesan

Equipment

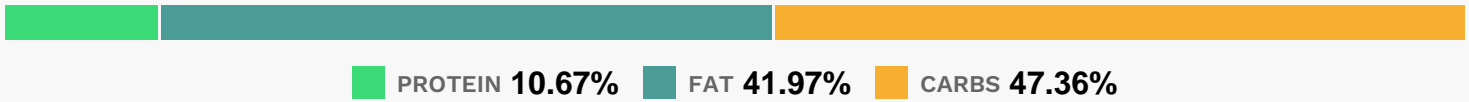
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Clean mushrooms by wiping with dry paper towel; do not wash.
- ☐ Remove mushroom stems; coarsely chop and set aside.
- ☐ Cut mushroom caps into 1/4-inch thick slices. (If large, cut into bite-sized pieces.) Set aside.
- ☐ Pour broth into 3-quart saucepan.
- ☐ Add chopped mushroom stems, thyme, bay leaf and soy sauce; heat to boiling. Reduce heat; simmer uncovered 30 minutes.
- ☐ Strain broth; discard stems, thyme and bay leaf. You should have about 6 cups broth; if not, add water.
- ☐ In 3-quart deep heavy saucepan, melt butter over medium-high heat.
- ☐ Add mushroom slices and onion; cook 5 minutes.
- ☐ Add rice; stir to combine. Cook 1 minute.
- ☐ Add wine; heat to boiling. Cook until liquid is reduced by half.

- ☐ Add 1/2 cup broth; cook over medium–high heat, stirring constantly, until rice has absorbed liquid.
- ☐ Adding 1/2 cup broth at a time, continue cooking and stirring 20 to 25 minutes until all broth has been added and absorbed. When done, rice should be just cooked and slightly chewy.
- ☐ Stir in cream cheese and grated Parmesan cheese. Season to taste with salt and pepper.
- ☐ To make fried sage leaves, in 8–inch skillet, heat olive oil over medium–high heat.
- ☐ Add sage leaves, a few at a time, in single layer; fry 15 seconds (do not brown leaves).
- ☐ Remove leaves from skillet; sprinkle with dash of salt
- ☐ Serve risotto in individual shallow bowls. Top each with a few sage leaves and Parmesan cheese shavings.

Nutrition Facts



Properties

Glycemic Index:88, Glycemic Load:56.27, Inflammation Score:-9, Nutrition Score:22.913043618202%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 700.41kcal (35.02%), Fat: 31.16g (47.94%), Saturated Fat: 14.84g (92.74%), Carbohydrates: 79.13g (26.38%), Net Carbohydrates: 75.73g (27.54%), Sugar: 5.4g (6%), Cholesterol: 72.66mg (24.22%), Sodium: 2411.77mg (104.86%), Alcohol: 4.64g (100%), Alcohol %: 0.81% (100%), Protein: 17.82g (35.64%), Manganese: 1.28mg (63.86%), Folate: 219.51µg (54.88%), Vitamin B1: 0.66mg (43.7%), Copper: 0.8mg (40.16%), Selenium: 26.82µg (38.32%), Vitamin B2: 0.65mg (38.04%), Vitamin B3: 6.64mg (33.21%), Phosphorus: 300.71mg (30.07%), Iron: 4.82mg (26.75%), Calcium: 227.51mg (22.75%), Vitamin B5: 2.18mg (21.84%), Vitamin A: 809.04IU (16.18%), Zinc: 2.37mg (15.79%), Vitamin B6: 0.29mg (14.35%), Fiber: 3.4g (13.59%), Potassium: 437.79mg (12.51%), Magnesium: 47.34mg (11.84%), Vitamin E: 1.75mg (11.63%), Vitamin B12: 0.39µg (6.54%), Vitamin K: 6.11µg (5.82%), Vitamin C:

3.3mg (4%), Vitamin D: 0.18µg (1.17%)