



WHATSheATE

Mushroom Risotto



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



397 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 Tablespoons butter
- ☐ 1 oz porcini mushrooms dried
- ☐ 0.5 teaspoon thyme leaves fresh
- ☐ 1 Tablespoon olive oil
- ☐ 1 cup onion finely chopped
- ☐ 0.5 cup parmesan cheese grated
- ☐ 2 cups rice medium-grain
- ☐ 6 servings salt and pepper freshly ground to taste

- ☐ 5.5 cups vegetable stock
- ☐ 0.5 cup white wine

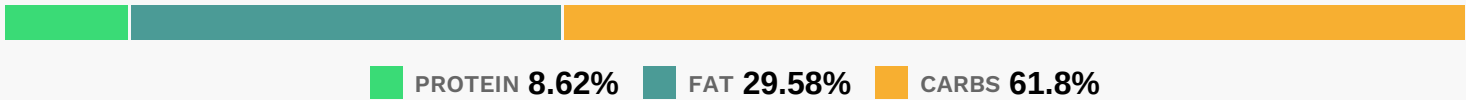
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a small bowl, combine the porcini mushrooms and 1/2 cup hot water. Soak for 30 minutes to soften.
- ☐ Drain the mushrooms, reserving the liquid, then chop the mushrooms.
- ☐ Place the stock in a saucepan and bring just to a simmer.In a large saucepan over medium heat, melt 2 tablespoons of the butter with the olive oil.
- ☐ Add the onion and sauté until tender and translucent, about 5 minutes.
- ☐ Add the mushrooms, thyme and cook, stirring, about 4 minutes. Stir in the rice and cook, stirring, until the kernels are hot and coated with oil, about 2 minutes.
- ☐ Add the wine and continue to cook, stirring often, until the liquid is absorbed.
- ☐ Add the stock mushroom liquid and vegetable stock, 1/2 cup at a time, stirring constantly and making sure the liquid has been absorbed before adding more. When the rice is about half cooked, season with salt and pepper. The risotto is done when the rice grains are creamy on the outside, and firm, yet tender to the bite, 20 to 25 minutes. Rice varies, so you may not need all the stock, or you may need more. If more liquid is required, use hot water.
- ☐ Remove the risotto from the heat. Stir in the remaining butter and the cheese. Spoon the risotto into bowls and serve immediately.

Nutrition Facts



Properties

Glycemic Index:45.03, Glycemic Load:31.63, Inflammation Score:-7, Nutrition Score:9.6965218160463%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 397.29kcal (19.86%), Fat: 12.54g (19.29%), Saturated Fat: 6.62g (41.38%), Carbohydrates: 58.95g (19.65%), Net Carbohydrates: 57.12g (20.77%), Sugar: 3.4g (3.78%), Cholesterol: 25.73mg (8.58%), Sodium: 1254.8mg (54.56%), Alcohol: 2.06g (100%), Alcohol %: 0.75% (100%), Protein: 8.22g (16.45%), Manganese: 0.79mg (39.47%), Copper: 0.39mg (19.73%), Selenium: 13.61µg (19.45%), Vitamin B5: 1.75mg (17.5%), Phosphorus: 156.39mg (15.64%), Vitamin A: 765.61IU (15.31%), Calcium: 127.44mg (12.74%), Vitamin B6: 0.2mg (9.86%), Zinc: 1.34mg (8.96%), Vitamin B3: 1.74mg (8.67%), Vitamin B2: 0.13mg (7.77%), Magnesium: 30.45mg (7.61%), Fiber: 1.82g (7.29%), Potassium: 207.52mg (5.93%), Vitamin B1: 0.07mg (4.96%), Folate: 18.84µg (4.71%), Iron: 0.8mg (4.44%), Vitamin E: 0.64mg (4.29%), Vitamin C: 2.41mg (2.92%), Vitamin K: 2.45µg (2.33%), Vitamin B12: 0.12µg (1.93%), Vitamin D: 0.23µg (1.51%)