



Mushroom Risotto



Gluten Free



Popular

READY IN



55 min.

SERVINGS



4

CALORIES



467 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 Tbsp butter
- ☐ 2 cups oyster mushrooms cleaned trimmed cut into half inch to inch pieces
- ☐ 0.7 cup brandy dry white
- ☐ 5 cups chicken stock see for vegetarian option (use vegetable stock)
- ☐ 0.3 cup shallots white yellow minced peeled finely chopped
- ☐ 1.8 cups arborio rice
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 4 servings salt and pepper black freshly ground

☐ 2 Tbsp parsley fresh chopped

Equipment

☐ frying pan

☐ sauce pan

Directions

- ☐ Bring stock to a simmer in a saucepan.
- ☐ Sauté the mushrooms: Melt the butter in a wide saucepan over medium-high heat.
- ☐ Add mushrooms and shallots and sauté about 5 minutes (if using chanterelles, dry sauté first for a minute or two and let the mushrooms cook in their own juices before adding the butter).
- ☐ Add the rice and stir to combine.
- ☐ Add brandy, bring to a boil, and reduce liquid by half, about 3-4 minutes.
- ☐ simmering stock, 1/2 cup at a time, stirring enough to keep the rice from sticking to the edges of the pan. Stir the rice almost constantly — stirring sloughs off the starch from the rice, making the creamy sauce you're looking for in a risotto.
- ☐ Wait until the stock is almost completely absorbed before adding the next 1/2 cup.
- ☐ This process will take about 25 minutes. The rice should be just cooked and slightly chewy.
- ☐ in the Parmesan cheese and season to taste with salt and pepper.
- ☐ Garnish with chopped fresh parsley or chives.

Nutrition Facts



Properties

Glycemic Index:70.75, Glycemic Load:56.94, Inflammation Score:-9, Nutrition Score:18.26565204496%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg

Apigenin: 4.1mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 467.19kcal (23.36%), Fat: 8.75g (13.47%), Saturated Fat: 5.1g (31.87%), Carbohydrates: 79.14g (26.38%), Net Carbohydrates: 75.39g (27.41%), Sugar: 3.95g (4.39%), Cholesterol: 22.51mg (7.51%), Sodium: 1378.72mg (59.94%), Alcohol: 4.12g (100%), Alcohol %: 1.05% (100%), Protein: 9.88g (19.76%), Folate: 225.02µg (56.25%), Manganese: 1.04mg (52.14%), Vitamin B1: 0.56mg (37.37%), Vitamin K: 32.18µg (30.64%), Vitamin B3: 5.82mg (29.12%), Iron: 4.58mg (25.42%), Selenium: 17.43µg (24.9%), Vitamin A: 1056.71IU (21.13%), Phosphorus: 201.59mg (20.16%), Vitamin B5: 1.76mg (17.61%), Copper: 0.3mg (15.15%), Fiber: 3.75g (15.01%), Vitamin B2: 0.23mg (13.82%), Vitamin B6: 0.24mg (12.09%), Zinc: 1.75mg (11.69%), Magnesium: 37.38mg (9.34%), Potassium: 323.86mg (9.25%), Calcium: 89.02mg (8.9%), Vitamin C: 3.51mg (4.26%), Vitamin D: 0.34µg (2.28%), Vitamin B12: 0.12µg (2.08%), Vitamin E: 0.23mg (1.5%)