



Mushroom Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



446 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon butter
- ☐ 1 teaspoon celery minced
- ☐ 1.5 cups mushrooms fresh sliced
- ☐ 1 teaspoon parsley fresh minced
- ☐ 1 clove garlic crushed
- ☐ 0.3 cup heavy cream
- ☐ 1 tablespoon olive oil
- ☐ 3 small onions finely chopped

- ☐ 1 cup parmesan cheese grated
- ☐ 1 cup rice
- ☐ 4 servings salt and pepper to taste
- ☐ 5 cups vegetable stock
- ☐ 1 cup milk whole

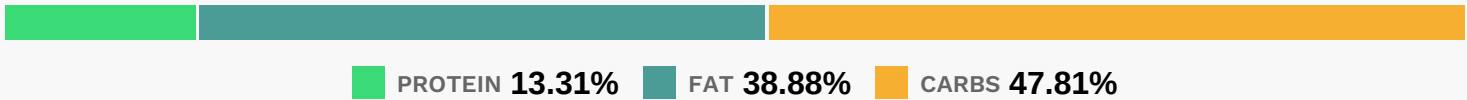
Equipment

- ☐ frying pan

Directions

- ☐ Heat olive oil in a large skillet over medium-high heat.
- ☐ Saute the onion and garlic in the olive oil until onion is tender and garlic is lightly browned.
- ☐ Remove garlic, and stir in the parsley, celery, salt, and pepper. Cook until celery is tender, then add the mushrooms. Reduce heat to low, and continue cooking until the mushrooms are soft.
- ☐ Pour the milk and cream into the skillet, and stir in the rice.
- ☐ Heat to a simmer. Stir the vegetable stock into the rice one cup at a time, until it is absorbed.
- ☐ When the rice has finished cooking, stir in the butter and Parmesan cheese, and remove from heat.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:86.8, Glycemic Load:26.45, Inflammation Score:-7, Nutrition Score:13.991304418315%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.63mg, Isorhamnetin: 2.63mg, Isorhamnetin: 2.63mg, Isorhamnetin: 2.63mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 10.68mg, Quercetin: 10.68mg, Quercetin: 10.68mg, Quercetin: 10.68mg

Nutrients (% of daily need)

Calories: 446.05kcal (22.3%), Fat: 19.32g (29.73%), Saturated Fat: 9.68g (60.51%), Carbohydrates: 53.47g (17.82%), Net Carbohydrates: 51.58g (18.76%), Sugar: 8.9g (9.89%), Cholesterol: 48.57mg (16.19%), Sodium: 1848.93mg (80.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.88g (29.76%), Calcium: 334.29mg (33.43%), Phosphorus: 329.87mg (32.99%), Manganese: 0.63mg (31.3%), Selenium: 21.07µg (30.11%), Vitamin A: 1199.41IU (23.99%), Vitamin B2: 0.38mg (22.47%), Zinc: 2.16mg (14.41%), Vitamin B5: 1.43mg (14.28%), Copper: 0.25mg (12.59%), Vitamin B6: 0.25mg (12.46%), Vitamin B12: 0.71µg (11.79%), Potassium: 402.67mg (11.5%), Vitamin B3: 2.2mg (11.02%), Magnesium: 37.53mg (9.38%), Vitamin B1: 0.13mg (8.76%), Fiber: 1.89g (7.56%), Vitamin D: 1.11µg (7.37%), Vitamin C: 5.04mg (6.1%), Vitamin E: 0.9mg (5.98%), Folate: 22.43µg (5.61%), Iron: 0.83mg (4.59%), Vitamin K: 4.32µg (4.11%)