



Mushroom Risotto with Peas

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



459 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 ounce porcini mushrooms dried
- 0.7 cup cooking wine dry white
- 2 garlic cloves minced
- 8 cups low-salt chicken broth canned
- 2 tablespoons olive oil
- 2 cups onions finely chopped
- 0.7 cup parmesan grated
- 0.8 cup peas frozen thawed

- 6 servings salt and pepper black freshly ground
- 1.5 cups short-grain rice white
- 0.3 cup butter unsalted
- 10 ounces mushrooms white finely chopped

Equipment

- sauce pan
- slotted spoon
- cutting board

Directions

- Watch how to make this recipe.
- Bring the broth to a simmer in a heavy medium saucepan.
- Add the porcini mushrooms. Set aside until the mushrooms are tender, about 5 minutes. Keep the broth warm over very low heat.
- Melt the butter in a heavy large saucepan over medium heat.
- Add olive oil.
- Add the onions and saute until tender, about 8 minutes.
- Add the white mushrooms and garlic. Using a slotted spoon, transfer the porcini mushrooms to a cutting board. Finely chop the mushrooms and add to the saucepan.
- Saute until the mushrooms are tender and the juices evaporate, about 5 minutes. Stir in the rice and let it toast for a few minutes.
- Add the wine; cook until the liquid is absorbed, stirring often, about 2 minutes.
- Add 1 cup of hot broth; simmer over medium-low heat until the liquid is absorbed, stirring often, about 3 minutes. Continue to cook until the rice is just tender and the mixture is creamy, adding more broth by cupfuls and stirring often, about 28 minutes (the rice will absorb 6 to 8 cups of broth). Stir in the peas.
- Mix in the Parmesan. Season with salt and pepper, to taste.

Nutrition Facts



■ PROTEIN 15.07% ■ FAT 35.37% ■ CARBS 49.56%

Properties

Glycemic Index:48.22, Glycemic Load:33.75, Inflammation Score:-8, Nutrition Score:19.118695777395%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg 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: 10.85mg, Quercetin: 10.85mg, Quercetin: 10.85mg, Quercetin: 10.85mg

Nutrients (% of daily need)

Calories: 458.98kcal (22.95%), Fat: 17.67g (27.19%), Saturated Fat: 8.03g (50.16%), Carbohydrates: 55.72g (18.57%), Net Carbohydrates: 51.58g (18.76%), Sugar: 5.05g (5.61%), Cholesterol: 27.89mg (9.3%), Sodium: 281.27mg (12.23%), Alcohol: 2.75g (100%), Alcohol %: 0.65% (100%), Protein: 16.94g (33.89%), Vitamin B3: 8.92mg (44.59%), Manganese: 0.77mg (38.74%), Folate: 150.67µg (37.67%), Phosphorus: 310.39mg (31.04%), Copper: 0.6mg (30.05%), Vitamin B1: 0.41mg (27.26%), Vitamin B2: 0.42mg (24.83%), Selenium: 16.39µg (23.42%), Vitamin B5: 2.03mg (20.32%), Iron: 3.65mg (20.27%), Potassium: 654.01mg (18.69%), Calcium: 171.09mg (17.11%), Fiber: 4.13g (16.52%), Vitamin B6: 0.32mg (16%), Vitamin C: 12.58mg (15.25%), Zinc: 1.97mg (13.1%), Magnesium: 41.5mg (10.37%), Vitamin A: 463.5IU (9.27%), Vitamin K: 8.66µg (8.24%), Vitamin B12: 0.48µg (8.05%), Vitamin E: 0.96mg (6.38%), Vitamin D: 0.38µg (2.56%)