



Mushroom & thyme risotto



Gluten Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



316 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 350 g crimini mushrooms sliced
- ☐ 100 g quinoa
- ☐ 1l vegetable stock hot
- ☐ 175 g arborio rice
- ☐ 1 handful thyme sprigs
- ☐ 1 handful parmesan grated
- ☐ 50 g arugula

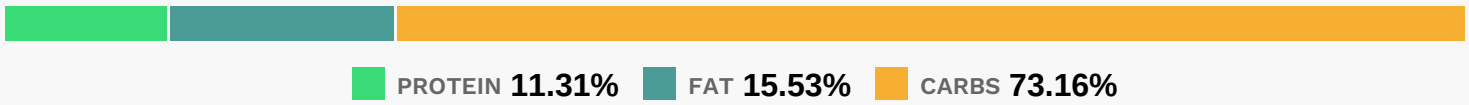
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ Heat the oil in a medium pan, saut the mushrooms for 2–3 mins, then stir in the quinoa. Keeping the vegetable stock warm in a separate pan on a low heat, add a ladle of the stock and stir until absorbed. Stir in the rice and repeat again with the stock, until all the stock has been used up and the rice and quinoa are tender and cooked.
- ☐ Stir in the thyme leaves, then divide between four plates or bowls.
- ☐ Serve topped with grated parmesan and rocket leaves.

Nutrition Facts



Properties

Glycemic Index:57.75, Glycemic Load:28.92, Inflammation Score:-8, Nutrition Score:20.373912948629%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg Kaempferol: 4.36mg, Kaempferol: 4.36mg, Kaempferol: 4.36mg, Kaempferol: 4.36mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 315.59kcal (15.78%), Fat: 5.48g (8.44%), Saturated Fat: 0.79g (4.91%), Carbohydrates: 58.13g (19.38%), Net Carbohydrates: 54.4g (19.78%), Sugar: 3.87g (4.3%), Cholesterol: 0.17mg (0.06%), Sodium: 1007.7mg (43.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.99g (17.97%), Manganese: 1.13mg (56.53%), Folate: 181.19µg (45.3%), Selenium: 31.58µg (45.11%), Copper: 0.69mg (34.39%), Vitamin B2: 0.54mg (31.88%), Vitamin B1: 0.43mg (28.4%), Vitamin B3: 5.55mg (27.74%), Phosphorus: 269.31mg (26.93%), Vitamin B5: 2.13mg (21.25%), Iron: 3.59mg (19.95%), Magnesium: 73.57mg (18.39%), Potassium: 613.91mg (17.54%), Vitamin A: 842.88IU (16.86%), Zinc: 2.29mg (15.26%), Vitamin B6: 0.3mg (15.15%), Vitamin K: 15.74µg (14.99%), Fiber: 3.73g (14.94%), Vitamin E: 1.18mg (7.85%), Calcium: 52.82mg (5.28%), Vitamin C: 2.28mg (2.76%), Vitamin B12: 0.09µg (1.51%)