



Oven-baked porcini & thyme risotto

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



434 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 25 g the following: parmesan rind) dried
- ☐ 2 tbsp olive oil
- ☐ 1 small onion finely chopped
- ☐ 2 garlic clove crushed
- ☐ 2 tsp thyme leaves
- ☐ 350 g arborio rice
- ☐ 750 ml vegetable stock hot
- ☐ 100 ml wine

☐ 1 handful parmesan grated (or vegetarian alternative)

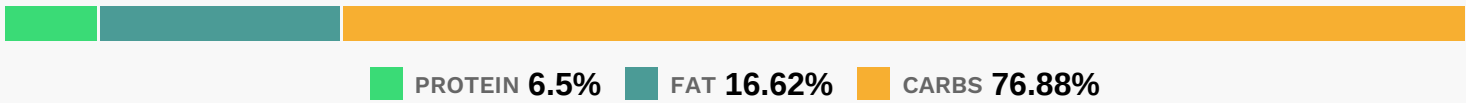
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Put the mushrooms in a bowl, pour 425ml boiling water over and leave to soak for 10 mins. Meanwhile, heat the oil in an ovenproof pan and fry the onion for 2 mins until starting to soften.
- ☐ Add the garlic and cook for another min.
- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Drain the mushrooms, reserving the liquid, and chop.
- ☐ Add the mushrooms, thyme and rice to the pan, then stir well. Strain over the mushroom liquid, pour in the stock and wine and bring to the boil.
- ☐ Season to taste, cover and bake for 25 mins or until the rice is just cooked and all the liquid has been absorbed. Stir in the grated Parmesan, check the seasoning and sprinkle with extra thyme leaves and Parmesan shavings to serve.

Nutrition Facts



Properties

Glycemic Index:67.75, Glycemic Load:56.47, Inflammation Score:-8, Nutrition Score:15.656086763124%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg

0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg
Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 434.36kcal (21.72%), Fat: 7.61g (11.71%), Saturated Fat: 1.15g (7.21%), Carbohydrates: 79.25g (26.42%), Net Carbohydrates: 75.69g (27.52%), Sugar: 2.72g (3.03%), Cholesterol: 0.17mg (0.06%), Sodium: 753.06mg (32.74%), Alcohol: 2.61g (100%), Alcohol %: 1% (100%), Protein: 6.7g (13.41%), Folate: 216.13µg (54.03%), Manganese: 1.07mg (53.26%), Vitamin B1: 0.53mg (35.05%), Copper: 0.52mg (26.06%), Vitamin B5: 2.54mg (25.38%), Selenium: 16.48µg (23.54%), Vitamin B3: 4.55mg (22.73%), Iron: 4.05mg (22.5%), Fiber: 3.55g (14.22%), Vitamin B6: 0.26mg (13.19%), Phosphorus: 115.59mg (11.56%), Zinc: 1.53mg (10.22%), Magnesium: 33.79mg (8.45%), Vitamin A: 418.14IU (8.36%), Vitamin B2: 0.13mg (7.9%), Vitamin E: 1.01mg (6.75%), Potassium: 214.68mg (6.13%), Vitamin K: 4.42µg (4.2%), Vitamin C: 2.62mg (3.18%), Calcium: 16.98mg (1.7%), Vitamin D: 0.25µg (1.63%)