



HEALTH SCORE

57%

Parmesan Risotto-Stuffed Portobellos



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



421 kcal

SIDE DISH

Ingredients

- ☐ 1 cup arborio uncooked
- ☐ 1 cup carrots minced
- ☐ 1 cup celery minced
- ☐ 1 cup cooking wine dry white
- ☐ 3 garlic cloves minced
- ☐ 0.3 cup green onions minced
- ☐ 1 tablespoon olive oil divided
- ☐ 1 cup onion fresh minced

- ☐ 1 tablespoon onion chopped
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 ounce part-skim mozzarella cheese shredded
- ☐ 20 ounce portabello mushrooms (6 inches wide)
- ☐ 10 ounce pkt spinach fresh trimmed
- ☐ 14.5 ounce vegetable broth canned
- ☐ 0.5 cup water
- ☐ 2 cups water

Equipment

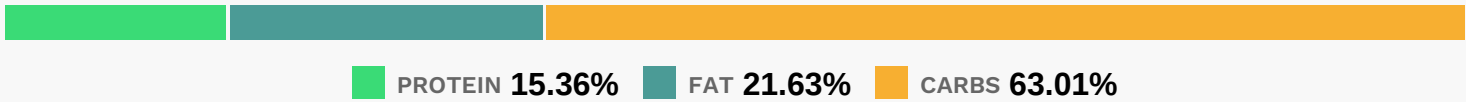
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Bring broth and 2 cups water to a simmer in a medium saucepan (do not boil). Keep warm over low heat.
- ☐ Heat 2 teaspoons oil in a large saucepan over medium-high heat.
- ☐ Add minced onion, celery, and carrot; saut 1 minute.
- ☐ Add rice; saut 5 minutes. Stir in wine; cook 5 minutes or until liquid is nearly absorbed, stirring constantly.
- ☐ Add broth mixture, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 20 minutes total).
- ☐ Remove from heat; stir in Parmesan cheese and green onions.
- ☐ Preheat oven to 37
- ☐ Remove stems from mushroom caps; discard.
- ☐ Place mushroom caps, gill sides up, in a 13 x 9-inch baking dish. Spoon 1 1/4 cups risotto mixture into each cap; top each with 1 tablespoon mozzarella cheese.

- ☐ Pour 1/2 cup water into dish.
- ☐ Bake at 375 for 30 minutes or until mushroom caps are tender.
- ☐ Heat 1 teaspoon oil in a large Dutch oven over medium-high heat until hot.
- ☐ Add chopped onion and garlic; saut 2 minutes or until tender.
- ☐ Add spinach; saut 2 minutes or until spinach is wilted. Arrange 1/2 cup spinach mixture on each plate.
- ☐ Remove stuffed mushrooms from baking dish with a slotted spoon; place on spinach mixture.

Nutrition Facts



Properties

Glycemic Index:92.21, Glycemic Load:34.76, Inflammation Score:-10, Nutrition Score:37.981738743575%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg Kaempferol: 5.03mg, Kaempferol: 5.03mg, Kaempferol: 5.03mg, Kaempferol: 5.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 12.34mg, Quercetin: 12.34mg, Quercetin: 12.34mg, Quercetin: 12.34mg

Nutrients (% of daily need)

Calories: 421.4kcal (21.07%), Fat: 9.35g (14.38%), Saturated Fat: 3.38g (21.12%), Carbohydrates: 61.24g (20.41%), Net Carbohydrates: 54.21g (19.71%), Sugar: 9.2g (10.23%), Cholesterol: 15.41mg (5.14%), Sodium: 798.76mg (34.73%), Alcohol: 6.18g (100%), Alcohol %: 1.11% (100%), Protein: 14.93g (29.85%), Vitamin K: 369.76µg (352.15%), Vitamin A: 12529.6IU (250.59%), Folate: 321.98µg (80.5%), Manganese: 1.51mg (75.39%), Selenium: 40.78µg (58.26%), Vitamin B3: 9.52mg (47.57%), Phosphorus: 393.52mg (39.35%), Potassium: 1277.4mg (36.5%), Copper: 0.69mg (34.35%), Vitamin C: 27.61mg (33.46%), Vitamin B1: 0.48mg (32.2%), Vitamin B6: 0.62mg (31.21%), Calcium: 290.72mg (29.07%), Iron: 5.09mg (28.31%), Fiber: 7.03g (28.14%), Vitamin B2: 0.47mg (27.51%), Vitamin B5: 2.6mg (25.99%), Magnesium: 93.65mg (23.41%), Zinc: 2.73mg (18.22%), Vitamin E: 2.37mg (15.79%), Vitamin B12: 0.3µg (4.96%), Vitamin D: 0.51µg (3.39%)