



Portabello Mushroom and Pepper Risotto

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



548 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups arborio rice
- ☐ 6 cups chicken stock see
- ☐ 0.8 cup cooking wine dry white
- ☐ 1 bell pepper diced green
- ☐ 0.5 cup heavy cream
- ☐ 6 servings kosher salt and ground pepper black to taste
- ☐ 3 tablespoons olive oil
- ☐ 0.5 cup parmesan cheese grated

- ☐ 4 large portobello mushroom caps cut into 1/2-inch slices
- ☐ 1 onion diced sweet vidalia® (such as)

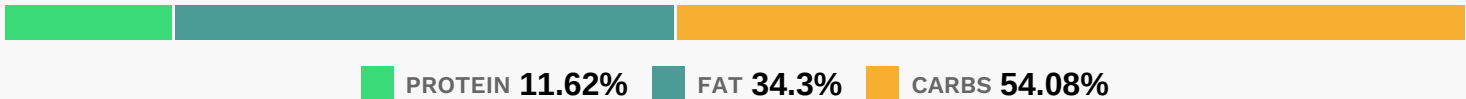
Equipment

- ☐ frying pan

Directions

- ☐ Heat olive oil in a large skillet over medium-low heat. Cook onion in hot oil until softened, about 3 minutes.
- ☐ Add bell pepper and portobello mushrooms to the skillet, season with kosher salt and pepper, and continue cooking another 10 minutes.
- ☐ Stir Arborio rice into the mushroom mixture.
- ☐ Pour white wine into the skillet; cook and stir until the wine is warmed.
- ☐ Add chicken stock 1 1/2 cups at a time, stirring continually to allow each addition to absorb into the rice before adding the next, until all stock is integrated, 20 to 30 minutes. Stir heavy cream into the rice mixture; cook about 1 minute.
- ☐ Remove the skillet from heat and stir Parmesan cheese into the risotto.
- ☐ Let sit 5 to 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:41.93, Inflammation Score:-8, Nutrition Score:20.689130441002%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin:

0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 8.46mg, Quercetin: 8.46mg, Quercetin: 8.46mg, Quercetin: 8.46mg

Nutrients (% of daily need)

Calories: 548.25kcal (27.41%), Fat: 20g (30.76%), Saturated Fat: 7.73g (48.31%), Carbohydrates: 70.93g (23.64%), Net Carbohydrates: 67.48g (24.54%), Sugar: 9.31g (10.35%), Cholesterol: 36.86mg (12.29%), Sodium: 506.76mg (22.03%), Alcohol: 3.09g (100%), Alcohol %: 0.78% (100%), Protein: 15.24g (30.47%), Folate: 197.96µg (49.49%), Vitamin B3: 9.27mg (46.36%), Manganese: 0.85mg (42.56%), Selenium: 29.59µg (42.26%), Vitamin B1: 0.54mg (35.7%), Phosphorus: 277.37mg (27.74%), Vitamin B6: 0.49mg (24.42%), Copper: 0.48mg (24.09%), Vitamin B2: 0.4mg (23.3%), Vitamin C: 19.19mg (23.26%), Iron: 3.9mg (21.64%), Potassium: 663.74mg (18.96%), Vitamin B5: 1.66mg (16.63%), Fiber: 3.45g (13.81%), Zinc: 1.91mg (12.73%), Calcium: 113.87mg (11.39%), Magnesium: 39.36mg (9.84%), Vitamin E: 1.4mg (9.34%), Vitamin A: 445.32IU (8.91%), Vitamin K: 7.39µg (7.04%), Vitamin D: 0.53µg (3.51%), Vitamin B12: 0.17µg (2.87%)