



Portobello-Spinach Risotto

 Gluten Free

READY IN



39 min.

SERVINGS



4

CALORIES



352 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup arborio rice uncooked short-grain
- ☐ 8 oz baby portobello mushrooms sliced
- ☐ 2 tablespoons butter
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 garlic clove minced
- ☐ 0.3 cup chicken broth low-sodium
- ☐ 2.8 cups chicken broth low-sodium
- ☐ 1 tablespoon olive oil

- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 4 servings salt and pepper to taste
- ☐ 3 cups firmly spinach fresh packed
- ☐ 0.5 cup onion sweet finely chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Stir together first 4 ingredients in a medium-size microwave-safe bowl. Microwave at HIGH 3 minutes. Stir in rice, and microwave at HIGH 2 minutes.
- ☐ Stir in 2 3/4 cups broth and 1/4 cup wine. Cover tightly with plastic wrap. (Do not vent). Microwave at HIGH 9 minutes. Carefully swirl bowl without uncovering (to incorporate the mixture), and microwave at HIGH 8 minutes. Carefully remove and discard plastic wrap. Stir in cheese and 1/4 cup chicken broth, stirring 30 seconds to 1 minute or until creamy.
- ☐ Add 1/4 cup additional broth, 1 Tbsp. at a time, if necessary, for desired consistency. Season with salt and pepper to taste.
- ☐ Meanwhile, saut portobello mushrooms in hot olive oil in a large nonstick skillet over medium-high heat 6 minutes or until tender. Stir in spinach, and cook 1 minute or until wilted. Stir mushroom mixture into prepared risotto.
- ☐ Serve immediately.
- ☐ Note: For testing purposes only, we used Rice Select Risotto Italian-Style Rice, an 1,100-watt microwave oven, and a 2 1/2-liter glass bowl. We found that self-sealing plastic wraps, such as GLAD Press'n Seal, do not work in this application.

Nutrition Facts



 **PROTEIN 12.42%**  **FAT 32.6%**  **CARBS 54.98%**

Properties

Glycemic Index:52.25, Glycemic Load:31.54, Inflammation Score:-9, Nutrition Score:21.889130338379%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 352.23kcal (17.61%), Fat: 12.55g (19.32%), Saturated Fat: 5.49g (34.28%), Carbohydrates: 47.64g (15.88%), Net Carbohydrates: 44.81g (16.29%), Sugar: 2.91g (3.23%), Cholesterol: 20.49mg (6.83%), Sodium: 427.2mg (18.57%), Alcohol: 1.54g (100%), Alcohol %: 0.55% (100%), Protein: 10.76g (21.52%), Vitamin K: 111.51µg (106.2%), Vitamin A: 2339.08IU (46.78%), Folate: 180.38µg (45.1%), Manganese: 0.81mg (40.53%), Vitamin B3: 7.25mg (36.24%), Selenium: 20.8µg (29.72%), Vitamin B1: 0.35mg (23.07%), Phosphorus: 223.41mg (22.34%), Copper: 0.4mg (20.17%), Iron: 3.43mg (19.05%), Potassium: 572.87mg (16.37%), Vitamin B6: 0.28mg (13.95%), Vitamin B5: 1.36mg (13.63%), Vitamin B2: 0.22mg (13.2%), Fiber: 2.83g (11.31%), Zinc: 1.48mg (9.85%), Calcium: 96.35mg (9.63%), Magnesium: 36.87mg (9.22%), Vitamin C: 7.52mg (9.11%), Vitamin E: 1.17mg (7.81%), Vitamin B12: 0.3µg (5.03%), Vitamin D: 0.2µg (1.34%)