



Quick 'n Easy "Risotto

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



40 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup cooking wine dry white
- 0.3 cup milk
- 1 cup mushrooms chopped
- 2 Tbsp olive oil
- 0.3 cup onions chopped
- 0.8 cup polly-o romano cheese shredded divided
- 1.5 cups water
- 1 cup rice long-grain white uncooked

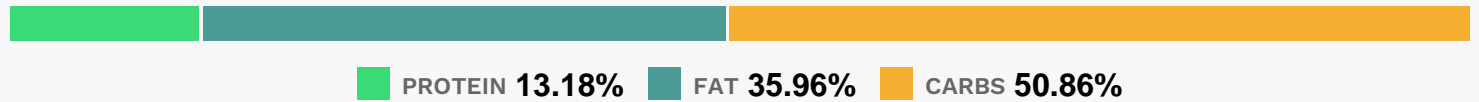
Equipment

sauce pan

Directions

- Heat oil in medium saucepan on medium heat.
- Add mushrooms and onions; cook and stir 5 min. or until tender.
- Stir in rice, water and wine. Bring to boil; cover. Reduce heat to low. Simmer 20 min. or until rice is tender.
- Stir in 1/2 cup of the cheese and the milk.
- Sprinkle with remaining 1/4 cup cheese.

Nutrition Facts



Properties

Glycemic Index:5.72, Glycemic Load:2.66, Inflammation Score:-1, Nutrition Score:1.016521734388%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 39.73kcal (1.99%), Fat: 1.48g (2.28%), Saturated Fat: 0.52g (3.26%), Carbohydrates: 4.71g (1.57%), Net Carbohydrates: 4.58g (1.67%), Sugar: 0.26g (0.29%), Cholesterol: 2.44mg (0.81%), Sodium: 27.53mg (1.2%), Alcohol: 0.35g (100%), Alcohol %: 1.61% (100%), Protein: 1.22g (2.44%), Manganese: 0.07mg (3.26%), Phosphorus: 27.54mg (2.75%), Calcium: 27.48mg (2.75%), Selenium: 1.41µg (2.01%), Vitamin B2: 0.02mg (1.46%), Copper: 0.02mg (1.17%), Vitamin B5: 0.11mg (1.14%)