



WHATSheATE



Red wine risotto with duck & garlicky mushrooms



Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



728 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tbsp butter
- ☐ 1 onion finely chopped
- ☐ 2 carrots finely chopped
- ☐ 2 celery stalks finely chopped
- ☐ 3 garlic clove crushed
- ☐ 4 servings thyme leaves leaves picked
- ☐ 300 g arborio rice

- ☐ 300 ml red wine
- ☐ 1.4 l chicken stock see hot
- ☐ 175 g duck shredded leftover
- ☐ 200 g pack chestnut mushroom sliced
- ☐ 1 handful parsley chopped

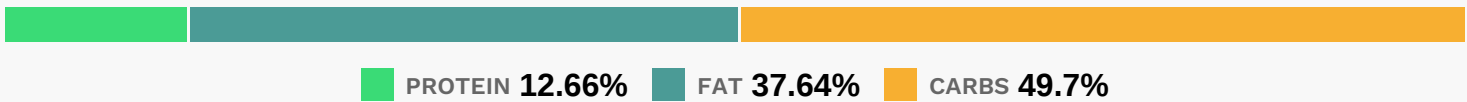
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Heat 1 tbsp butter in a wide saucepan, then add the onion, carrots and celery. Cover, then gently cook for 10 mins until soft. Tip in two-thirds of the garlic, fry for 1 min, turn up the heat, then add the thyme and rice. Stir for a few mins, then add the wine and let it reduce to almost nothing.
- ☐ Stir in the stock over a medium heat, ladle by ladle, waiting for each addition to absorb before adding the next. Keep the heat on medium too hot and the stock will evaporate rather than be absorbed by the rice. When the rice is creamy and justcooked, take off the heat, add the duck, then cover for 5 mins to heat through.
- ☐ Melt the remaining butter in another wide pan, add the mushrooms, then fry them on a high heat for about 3 mins until golden.
- ☐ Add the remaining garlic, fry for 1 min more, then season. Stir the mushrooms into the risotto, then scatter with parsley and serve.

Nutrition Facts



Properties

Glycemic Index:89.96, Glycemic Load:49.07, Inflammation Score:-10, Nutrition Score:30.878696016643%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Petunidin: 1.51mg, Petunidin: 1.51mg, Petunidin: 1.51mg, Petunidin: 1.51mg Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg Malvidin: 10.53mg, Malvidin: 10.53mg, Malvidin: 10.53mg, Malvidin: 10.53mg Peonidin: 0.95mg, Peonidin: 0.95mg, Peonidin: 0.95mg, Peonidin: 0.95mg Catechin: 5.43mg, Catechin: 5.43mg, Catechin: 5.43mg, Catechin: 5.43mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg Apigenin: 2.34mg, Apigenin: 2.34mg, Apigenin: 2.34mg, Apigenin: 2.34mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 728.15kcal (36.41%), Fat: 27.81g (42.78%), Saturated Fat: 10.72g (66.97%), Carbohydrates: 82.64g (27.55%), Net Carbohydrates: 78.66g (28.61%), Sugar: 9.62g (10.68%), Cholesterol: 59.17mg (19.72%), Sodium: 612.5mg (26.63%), Alcohol: 8.06g (100%), Alcohol %: 1.52% (100%), Protein: 21.04g (42.08%), Vitamin A: 5499.91IU (110%), Vitamin B3: 12.87mg (64.37%), Folate: 223.94µg (55.99%), Manganese: 1.09mg (54.71%), Selenium: 38.28µg (54.69%), Vitamin B1: 0.72mg (48.33%), Vitamin B2: 0.74mg (43.24%), Copper: 0.75mg (37.49%), Phosphorus: 331.34mg (33.13%), Iron: 5.95mg (33.04%), Vitamin B6: 0.64mg (31.77%), Potassium: 1007.17mg (28.78%), Vitamin K: 25.08µg (23.88%), Vitamin B5: 2.31mg (23.05%), Zinc: 2.76mg (18.38%), Fiber: 3.97g (15.9%), Magnesium: 61.08mg (15.27%), Vitamin C: 9.46mg (11.47%), Calcium: 61.2mg (6.12%), Vitamin E: 0.8mg (5.36%), Vitamin B12: 0.17µg (2.86%), Vitamin D: 0.36µg (2.38%)