



Risotto-Style Fregula with Mushrooms, Abbamele, and Goat Cheese (Fregula kin Antunna e Crapinu)

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



291 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup wine dry white
- ☐ 2.3 cups fat-free less-sodium chicken broth fat-free
- ☐ 1.3 cups fregola uncooked
- ☐ 0.3 cup fresh chives fresh finely chopped
- ☐ 2 ounces goat cheese
- ☐ 0.8 teaspoon kosher salt

- ☐ 8 ounces mushrooms wild
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup shallots chopped
- ☐ 3 tablespoons walnuts toasted chopped
- ☐ 1 cup water
- ☐ 1 tablespoon abbamele divided

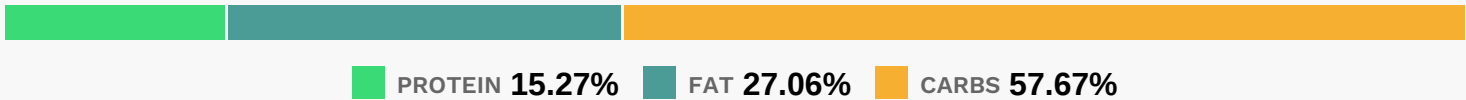
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine broth and 1 cup water in a saucepan over medium heat; bring to a simmer.
- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add mushrooms; cook 5 minutes or until moisture evaporates.
- ☐ Add shallots; cook 4 minutes, stirring frequently.
- ☐ Add fregula and salt; cook 1 minute, stirring constantly. Stir in wine; cook 30 seconds or until liquid is nearly absorbed, stirring constantly.
- ☐ Set aside 1/4 cup broth mixture; cover and keep warm.
- ☐ Add remaining broth mixture, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 15 minutes total).
- ☐ Remove from heat.
- ☐ Stir in reserved 1/4 cup broth mixture, chives, goat cheese, and 1 1/2 teaspoons abbamele.
- ☐ Sprinkle with walnuts.
- ☐ Drizzle each serving with 1/4 teaspoon abbamele.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:15.73, Inflammation Score:0, Nutrition Score:11.602608608163%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 291.02kcal (14.55%), Fat: 8.63g (13.27%), Saturated Fat: 2.17g (13.54%), Carbohydrates: 41.38g (13.79%), Net Carbohydrates: 38.63g (14.05%), Sugar: 3.57g (3.96%), Cholesterol: 4.35mg (1.45%), Sodium: 682.71mg (29.68%), Alcohol: 1.03g (100%), Alcohol %: 0.51% (100%), Protein: 10.96g (21.91%), Selenium: 37.23µg (53.19%), Manganese: 0.72mg (35.82%), Copper: 0.45mg (22.43%), Phosphorus: 187.17mg (18.72%), Vitamin B2: 0.25mg (14.64%), Vitamin B3: 2.82mg (14.11%), Vitamin B6: 0.22mg (11.22%), Magnesium: 44.65mg (11.16%), Fiber: 2.75g (11.01%), Vitamin B5: 1.02mg (10.21%), Potassium: 336.18mg (9.61%), Iron: 1.5mg (8.34%), Zinc: 1.23mg (8.19%), Vitamin B1: 0.11mg (7.62%), Folate: 28.5µg (7.13%), Vitamin K: 5.45µg (5.19%), Calcium: 41.7mg (4.17%), Vitamin C: 2.88mg (3.49%), Vitamin A: 171.69IU (3.43%), Vitamin B12: 0.2µg (3.39%), Vitamin E: 0.45mg (3.03%)