



Risotto with Asparagus and Wild Mushrooms

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



278 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups arborio uncooked
- ☐ 2 cups asparagus sliced (2-inch) ()
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 ounce chanterelles dried
- ☐ 8 ounce cremini mushrooms sliced
- ☐ 0.5 cup cooking wine dry white
- ☐ 3 cups less-sodium chicken broth fat-free
- ☐ 2 tablespoons parsley fresh chopped

- ☐ 4 garlic cloves minced
- ☐ 1.5 tablespoons olive oil
- ☐ 0.5 ounce parmesan cheese fresh grated
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup shallots finely chopped
- ☐ 8 sun-dried tomatoes packed
- ☐ 2 cups water boiling

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ colander

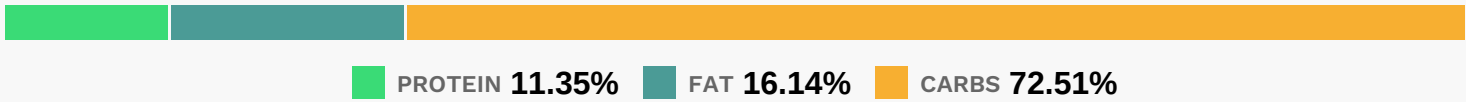
Directions

- ☐ Combine first 3 ingredients in a bowl; cover and let stand 30 minutes or until soft.
- ☐ Drain in a colander over a bowl, reserving 1 cup soaking liquid. Chop tomatoes; set aside chanterelles and tomatoes.
- ☐ Steam asparagus, covered, 3 minutes or until crisp-tender; set aside.
- ☐ Bring the reserved soaking liquid and broth to a simmer in a medium saucepan (do not boil). Keep warm over low heat.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add shallots, garlic, and cremini mushrooms; saut 6 minutes or until tender. Stir in rice; cook 1 minute. Stir in chanterelles, tomatoes, wine, salt, and pepper; cook 2 minutes or until wine is nearly absorbed. Stir in 1/2 cup broth mixture; cook 3 minutes or until the liquid is nearly absorbed, stirring constantly.
- ☐ Add remaining broth mixture, 1/2 cup at a time, stirring constantly until each portion of broth mixture is absorbed before adding the next (about 25 minutes total).
- ☐ Add asparagus and cheese, and cook 1 minute.
- ☐ Remove from heat; sprinkle with parsley.

☐

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:51.67, Glycemic Load:32.75, Inflammation Score:-7, Nutrition Score:17.66434766417%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.55mg, Isorhamnetin: 2.55mg, Isorhamnetin: 2.55mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg

Nutrients (% of daily need)

Calories: 278.3kcal (13.92%), Fat: 4.78g (7.36%), Saturated Fat: 0.98g (6.14%), Carbohydrates: 48.35g (16.12%), Net Carbohydrates: 44.84g (16.3%), Sugar: 3.97g (4.41%), Cholesterol: 1.61mg (0.54%), Sodium: 613.38mg (26.67%), Alcohol: 2.06g (100%), Alcohol %: 0.7% (100%), Protein: 7.56g (15.13%), Vitamin K: 44.1µg (42%), Manganese: 0.82mg (41%), Folate: 158.11µg (39.53%), Selenium: 22.1µg (31.57%), Vitamin B1: 0.42mg (27.98%), Vitamin B3: 4.99mg (24.94%), Copper: 0.48mg (24.05%), Iron: 4.08mg (22.68%), Vitamin B2: 0.33mg (19.49%), Phosphorus: 171.26mg (17.13%), Vitamin B5: 1.63mg (16.26%), Potassium: 511.88mg (14.63%), Fiber: 3.51g (14.04%), Vitamin B6: 0.28mg (13.86%), Zinc: 1.49mg (9.92%), Vitamin A: 492.92IU (9.86%), Magnesium: 35.67mg (8.92%), Vitamin C: 7mg (8.48%), Calcium: 69.78mg (6.98%), Vitamin E: 1.04mg (6.9%), Vitamin B12: 0.29µg (4.89%), Vitamin D: 0.17µg (1.17%)