



Risotto With Leeks And Mushrooms

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



172 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup arborio rice uncooked
- ☐ 0.3 teaspoon sage dried
- ☐ 3 tablespoons cooking wine dry white
- ☐ 29 ounce less-sodium chicken broth fat-free canned
- ☐ 1.5 cups leeks thinly sliced
- ☐ 1.5 cups pre- mushrooms
- ☐ 2 teaspoons olive oil
- ☐ 3 tablespoons parmesan cheese grated

☐ 0.1 teaspoon pepper

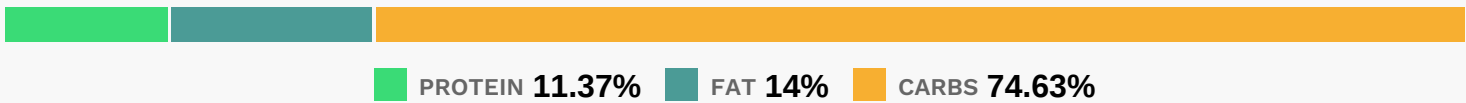
Equipment

☐ sauce pan

Directions

- ☐ Bring broth to a simmer in a medium saucepan. (Do not boil.) Keep warm over low heat.
- ☐ Heat oil in a large saucepan over medium heat.
- ☐ Add leeks and mushrooms; saut 5 minutes or until leeks are soft.
- ☐ Add rice; cook 1 minute, stirring constantly. Stir in wine; cook 1 minute or until liquid is nearly absorbed, stirring constantly.
- ☐ Add sage and warm broth, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed (about 24 minutes total). Stir in cheese and pepper.

Nutrition Facts



Properties

Glycemic Index:32.17, Glycemic Load:21.96, Inflammation Score:-6, Nutrition Score:9.2008695978185%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 172.25kcal (8.61%), Fat: 2.59g (3.98%), Saturated Fat: 0.64g (4%), Carbohydrates: 31.05g (10.35%), Net Carbohydrates: 29.47g (10.71%), Sugar: 1.62g (1.8%), Cholesterol: 2.17mg (0.73%), Sodium: 610.57mg (26.55%), Alcohol: 0.77g (100%), Alcohol %: 0.43% (100%), Protein: 4.73g (9.46%), Manganese: 0.5mg (24.77%), Folate: 96.93µg (24.23%), Selenium: 11.39µg (16.27%), Vitamin B3: 3.1mg (15.51%), Vitamin B1: 0.23mg (15.46%), Iron: 2.23mg (12.41%), Vitamin K: 11.47µg (10.93%), Copper: 0.2mg (10.05%), Vitamin B5: 1mg (9.96%), Vitamin B2: 0.16mg (9.28%), Phosphorus: 92.44mg (9.24%), Vitamin B6: 0.16mg (7.95%), Vitamin A: 393.01IU (7.86%), Fiber: 1.59g

(6.34%), Potassium: 193.35mg (5.52%), Vitamin B12: 0.32µg (5.29%), Magnesium: 19.14mg (4.79%), Zinc: 0.66mg (4.42%), Calcium: 43.37mg (4.34%), Vitamin C: 3.18mg (3.85%), Vitamin E: 0.41mg (2.75%)