



Risotto with Leeks, Shiitake Mushrooms, and Truffles

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



496 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups arborio rice medium-grain white
- 4 tablespoons butter divided ()
- 0.5 cup wine dry white
- 6 servings parsley fresh chopped
- 1 teaspoon thyme sprigs fresh minced
- 2 cups leek white green halved thinly sliced (and pale parts only)
- 1 large onion chopped

- 0.5 cup parmesan cheese grated
- 1 pound mushroom caps stemmed cut into 1/4- to 1/3-inch-thick slices
- 1 tablespoon truffle oil white
- 2 teaspoons truffle oil black shaved chopped
- 5 cups vegetable stock hot ()
- 0.8 cup whipping cream

Equipment

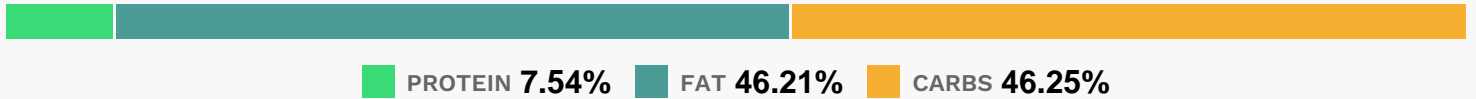
- bowl
- baking sheet
- sauce pan
- oven

Directions

- Bring leeks and cream to boil in heavy medium saucepan. Reduce heat to medium and simmer until leeks are tender and cream is thick, stirring often, about 15 minutes. Season with salt and pepper. DO AHEAD: Can be made 1 day ahead. Cover and chill. Rewarm before continuing.
- Preheat oven to 400°F. Toss all ingredients on rimmed baking sheet.
- Sprinkle with salt and pepper. Roast until mushrooms are tender and light brown around edges, stirring occasionally, about 45 minutes. DO AHEAD: Can be made 2 hours ahead.
- Let stand at room temperature.
- Melt 2 tablespoons butter in heavy large saucepan over medium heat.
- Add onion and cook until beginning to soften, about 5 minutes.
- Add rice; stir 1 minute.
- Add wine and stir until almost all liquid is absorbed, about 1 minute.
- Add 1 cup hot broth. Simmer until broth is almost absorbed, stirring often, about 4 minutes.
- Add more broth, 1 cup at a time, allowing each addition to be absorbed before adding next and stirring often, until rice is tender and mixture is creamy, about 20 minutes longer. Stir in leek mixture, mushroom mixture, remaining 2 tablespoons butter, cheese, and truffle.

- Transfer to large bowl, sprinkle with parsley, and serve.
- Market Tip
- White truffle oil is sold at some supermarkets and at specialty foods stores and Italian markets. Black truffles are available at specialty foods stores and from igourmet.com. A flavorful substitute for the shaved truffles is the Truffle Gatherers Sauce (\$19), which can be ordered from fungusamongus.com.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:35.3, Inflammation Score:-9, Nutrition Score:21.372173817261%

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, Naringenin: 0.08mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

Nutrients (% of daily need)

Calories: 496.34kcal (24.82%), Fat: 25.09g (38.6%), Saturated Fat: 13.54g (84.6%), Carbohydrates: 56.5g (18.83%), Net Carbohydrates: 52.07g (18.94%), Sugar: 6.79g (7.54%), Cholesterol: 60.93mg (20.31%), Sodium: 1014.79mg (44.12%), Alcohol: 2.06g (100%), Alcohol %: 0.58% (100%), Protein: 9.21g (18.41%), Vitamin K: 83.68µg (79.69%), Manganese: 0.91mg (45.51%), Vitamin A: 2007.61IU (40.15%), Folate: 157.46µg (39.37%), Vitamin B3: 5.24mg (26.22%), Selenium: 16.21µg (23.15%), Phosphorus: 228.41mg (22.84%), Vitamin B1: 0.34mg (22.43%), Vitamin B6: 0.44mg (21.92%), Vitamin B5: 1.99mg (19.89%), Iron: 3.55mg (19.72%), Fiber: 4.43g (17.71%), Vitamin B2: 0.3mg (17.65%), Vitamin C: 11.44mg (13.87%), Copper: 0.27mg (13.65%), Calcium: 130.51mg (13.05%), Zinc: 1.92mg (12.8%), Potassium: 441.98mg (12.63%), Magnesium: 47.15mg (11.79%), Vitamin E: 1.37mg (9.12%), Vitamin D: 0.82µg (5.47%), Vitamin B12: 0.18µg (2.93%)