



Risotto with Peas and Mushrooms

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



425 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 clove garlic minced pressed
- ☐ 0.5 pound mushrooms at least 2 kinds and any combination
- ☐ 1 tablespoon olive oil
- ☐ 6 oz onion peeled chopped
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 cup peas fresh shelled
- ☐ 1.5 cups pearl rice medium-grain white

- ☐ 4 servings salt and pepper
- ☐ 4 cups vegetable broth

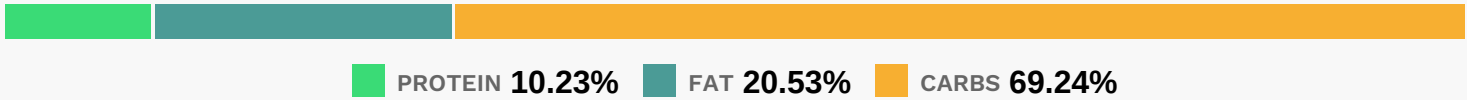
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Trim and discard any grit or soil and discolored stem ends from mushrooms (trim and discard shiitake stems). Immerse mushrooms in cool water, swishing gently to rinse well, then quickly lift out and drain. Thinly slice mushrooms.
- ☐ In a 3- to 4-quart pan over medium-high heat, combine oil, garlic, onion, and mushrooms. Stir often until vegetables just begin to brown, about 6 minutes.
- ☐ Add rice and stir until some of the grains are opaque, about 2 minutes.
- ☐ Add 4 cups broth to pan; when it boils, reduce heat to medium or medium-low and simmer, stirring often, until rice is just tender to bite, 15 to 20 minutes.
- ☐ Add peas and butter and stir often until peas are tender to bite, 2 to 5 minutes. For a creamier risotto, add more broth until mixture is desired consistency and boiling. Stir in half the cheese. Season risotto to taste with salt and pepper, pour into a bowl, and sprinkle with remaining cheese.

Nutrition Facts



Properties

Glycemic Index:51.88, Glycemic Load:37.08, Inflammation Score:-7, Nutrition Score:16.582608704982%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.65mg, Quercetin: 8.65mg, Quercetin: 8.65mg, Quercetin: 8.65mg

Nutrients (% of daily need)

Calories: 425.19kcal (21.26%), Fat: 9.6g (14.77%), Saturated Fat: 2.53g (15.8%), Carbohydrates: 72.87g (24.29%), Net Carbohydrates: 67.01g (24.37%), Sugar: 6.61g (7.34%), Cholesterol: 7.25mg (2.42%), Sodium: 1324.91mg (57.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.77g (21.54%), Manganese: 1.14mg (57.03%), Fiber: 5.86g (23.45%), Selenium: 15.61µg (22.3%), Copper: 0.44mg (21.94%), Phosphorus: 218.37mg (21.84%), Vitamin C: 17.89mg (21.68%), Vitamin B3: 4.25mg (21.23%), Vitamin D: 3.05µg (20.31%), Vitamin A: 976.06IU (19.52%), Iron: 3.22mg (17.87%), Potassium: 537.1mg (15.35%), Vitamin B2: 0.25mg (14.48%), Vitamin B5: 1.44mg (14.37%), Zinc: 2.05mg (13.67%), Vitamin B6: 0.27mg (13.37%), Calcium: 123mg (12.3%), Vitamin B1: 0.18mg (11.81%), Magnesium: 44.14mg (11.04%), Vitamin K: 11.49µg (10.94%), Folate: 38.88µg (9.72%), Vitamin E: 0.79mg (5.25%), Vitamin B12: 0.12µg (1.93%)