



Risotto with Porcini Mushrooms and Mascarpone

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



327 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup arborio rice uncooked
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 ounce porcini mushrooms dried
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 14 ounce less-sodium beef broth canned

- ☐ 1 ounce mascarpone cheese
- ☐ 1 ounce parmigiano-reggiano cheese grated
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup shallots chopped
- ☐ 2 cups water boiling

Equipment

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

Directions

- ☐ Combine 2 cups boiling water and mushrooms; let stand 30 minutes or until soft.
- ☐ Drain through a colander over a bowl. Reserve 1 1/2 cups soaking liquid; chop mushrooms.
- ☐ Bring soaking liquid and broth to a simmer in a small saucepan (do not boil). Keep broth mixture warm over low heat.
- ☐ Heat a large saucepan over medium-high heat. Coat pan with cooking spray.
- ☐ Add rice, shallots, and garlic; saut 5 minutes.
- ☐ Add wine, and cook until liquid evaporates (about 2 minutes).
- ☐ Add 1 cup broth mixture to rice mixture; cook over medium heat 5 minutes or until the liquid is nearly absorbed, stirring constantly.
- ☐ Add remaining broth mixture, 1/2 cup at a time, stirring frequently until each portion of broth mixture is absorbed before adding the next (about 25 minutes total).
- ☐ Add mushrooms, Parmigiano-Reggiano, chopped thyme, salt, and pepper; stir gently just until the cheese melts. Spoon 1 cup risotto into each of 4 bowls. Top each serving with 1 tablespoon mascarpone and thyme leaves, if desired.

Nutrition Facts



 PROTEIN **12.97%**  FAT **15.93%**  CARBS **71.1%**

Properties

Glycemic Index:65.25, Glycemic Load:33.54, Inflammation Score:-9, Nutrition Score:14.420869448911%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 327.03kcal (16.35%), Fat: 5.44g (8.37%), Saturated Fat: 3.25g (20.34%), Carbohydrates: 54.6g (18.2%), Net Carbohydrates: 50.63g (18.41%), Sugar: 4.01g (4.45%), Cholesterol: 11.91mg (3.97%), Sodium: 604.65mg (26.29%), Alcohol: 3.09g (100%), Alcohol %: 1.07% (100%), Protein: 9.96g (19.93%), Manganese: 0.86mg (42.78%), Folate: 143.81µg (35.95%), Copper: 0.55mg (27.51%), Vitamin B5: 2.39mg (23.88%), Vitamin B1: 0.34mg (22.58%), Selenium: 13.2µg (18.86%), Iron: 3.27mg (18.14%), Vitamin B6: 0.35mg (17.69%), Vitamin B3: 3.24mg (16.21%), Fiber: 3.97g (15.9%), Potassium: 541.21mg (15.46%), Phosphorus: 154.08mg (15.41%), Calcium: 129.87mg (12.99%), Zinc: 1.57mg (10.44%), Magnesium: 41.08mg (10.27%), Vitamin B2: 0.16mg (9.49%), Vitamin C: 7.07mg (8.57%), Vitamin A: 241IU (4.82%), Vitamin D: 0.31µg (2.08%), Vitamin B12: 0.09µg (1.42%)