



Risotto with Porcini Mushrooms and Mascarpone

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



344 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

- ☐ 2 ounces parmigiano-reggiano cheese grated
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup shallots chopped
- ☐ 1 tablespoon teaspoon thyme dried fresh chopped
- ☐ 1.5 cups water boiling

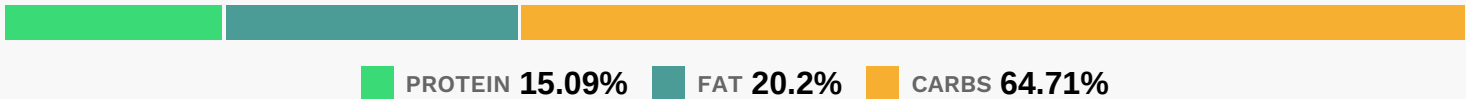
Equipment

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

Directions

- ☐ Combine boiling water and mushrooms; let stand 10 minutes or until soft.
- ☐ Drain through a colander over a bowl. Reserve 1 1/4 cups soaking liquid, and 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 occasionally.
- ☐ Add remaining broth mixture, 1/2 cup at a time, stirring occasionally until each portion of broth mixture is absorbed before adding the next (about 25 minutes total).
- ☐ Add mushrooms, cheeses, thyme, salt, and pepper; stir gently just until the cheese melts.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:65.25, Glycemic Load:33.61, Inflammation Score:-9, Nutrition Score:13.741304411836%

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: 344.32kcal (17.22%), Fat: 7.24g (11.13%), Saturated Fat: 4.41g (27.56%), Carbohydrates: 52.16g (17.39%), Net Carbohydrates: 48.59g (17.67%), Sugar: 3.99g (4.43%), Cholesterol: 16.73mg (5.58%), Sodium: 716.25mg (31.14%), Alcohol: 3.09g (100%), Alcohol %: 1.15% (100%), Protein: 12.16g (24.32%), Manganese: 0.82mg (40.77%), Folate: 138.53µg (34.63%), Vitamin B1: 0.33mg (22.06%), Calcium: 212.51mg (21.25%), Phosphorus: 192.85mg (19.29%), Selenium: 13.16µg (18.8%), Copper: 0.36mg (18.24%), Iron: 3.26mg (18.13%), Vitamin B5: 1.64mg (16.45%), Vitamin B6: 0.33mg (16.3%), Fiber: 3.57g (14.27%), Potassium: 493.37mg (14.1%), Vitamin B3: 2.76mg (13.8%), Zinc: 1.49mg (9.91%), Magnesium: 39.23mg (9.81%), Vitamin C: 6.94mg (8.42%), Vitamin B2: 0.14mg (8.22%), Vitamin A: 296.35IU (5.93%), Vitamin B12: 0.17µg (2.83%), Vitamin D: 0.21µg (1.39%), Vitamin K: 1.15µg (1.1%)