



 **57%**
HEALTH SCORE

Risotto with Spinach and Mushrooms

 **Gluten Free**

READY IN



33 min.

SERVINGS



6

CALORIES



270 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups arborio rice uncooked
- 0.3 teaspoon pepper black
- 0.3 cup vermouth dry
- 0.1 teaspoon ground nutmeg
- 8 ounce pre- mushrooms
- 2 teaspoons olive oil
- 0.5 cup onion chopped
- 2 ounces parmesan cheese fresh grated

- 10 ounce pkt spinach frozen dry thawed drained chopped
- 28 ounce vegetable broth canned
- 2 cups water

Equipment

- frying pan
- sauce pan
- dutch oven

Directions

- Bring broth and water to a simmer in a medium saucepan (do not boil). Keep warm over low heat.
- Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- Add mushrooms and onion; saut 4 minutes.
- Remove from heat; set aside and keep warm.
- Place rice in a Dutch oven over medium-high heat; cook 1 minute. Stir in vermouth; cook, stirring constantly, 1 minute or until liquid is nearly absorbed. Reduce heat to medium-low; add broth, 1/2 cup at a time, stirring constantly, until each portion of broth is absorbed before adding the next (about 20 minutes total).
- Remove from heat; stir in reserved mushroom mixture, spinach, and remaining ingredients.
- Serve immediately.

Nutrition Facts



PROTEIN 14.62% **FAT 15.17%** **CARBS 70.21%**

Properties

Glycemic Index:52.5, Glycemic Load:32.71, Inflammation Score:-10, Nutrition Score:23.383913063485%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 270.22kcal (13.51%), Fat: 4.46g (6.87%), Saturated Fat: 1.86g (11.63%), Carbohydrates: 46.49g (15.5%), Net Carbohydrates: 43.08g (15.67%), Sugar: 2.83g (3.15%), Cholesterol: 6.43mg (2.14%), Sodium: 722.46mg (31.41%), Alcohol: 0.95g (100%), Alcohol %: 0.32% (100%), Protein: 9.68g (19.35%), Vitamin K: 176.92µg (168.5%), Vitamin A: 5896.8IU (117.94%), Folate: 193.68µg (48.42%), Manganese: 0.9mg (44.99%), Vitamin B1: 0.37mg (24.51%), Selenium: 16.1µg (23%), Vitamin B2: 0.32mg (18.64%), Vitamin B3: 3.7mg (18.52%), Iron: 3.32mg (18.44%), Calcium: 181.36mg (18.14%), Phosphorus: 172.83mg (17.28%), Copper: 0.32mg (15.78%), Magnesium: 56.84mg (14.21%), Fiber: 3.4g (13.62%), Vitamin B5: 1.31mg (13.14%), Vitamin B6: 0.23mg (11.55%), Vitamin E: 1.59mg (10.6%), Potassium: 351.11mg (10.03%), Zinc: 1.3mg (8.69%), Vitamin C: 4.38mg (5.31%), Vitamin B12: 0.13µg (2.14%)