



Risotto with Wild Mushrooms, Herbs, and Shallots

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



340 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups arborio rice uncooked
- ☐ 2.5 teaspoons sage fresh divided chopped
- ☐ 2.5 teaspoons thyme leaves fresh divided chopped
- ☐ 2 garlic cloves minced
- ☐ 4 cups chicken broth low-sodium
- ☐ 8 ounces mushrooms wild cleaned thinly sliced
- ☐ 2 tablespoons olive oil divided

- ☐ 0.5 cup parmesan cheese divided grated
- ☐ 6 servings pepper freshly ground to taste
- ☐ 6 servings sea salt to taste
- ☐ 2 shallots minced
- ☐ 2 tablespoons butter unsalted divided
- ☐ 0.3 cup white wine (such as Chardonnay)

Equipment

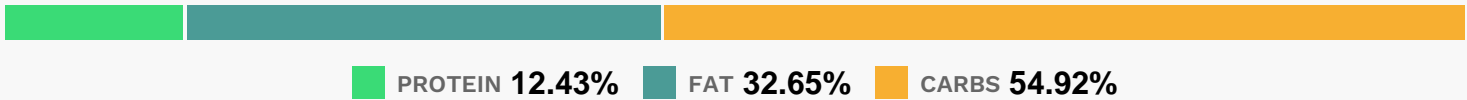
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring broth to a boil in a 3-quart saucepan over medium-high heat. Turn off heat, cover, and keep warm.
- ☐ Heat 1 tablespoon olive oil and 1 tablespoon butter in a large saut pan over medium-high heat until butter melts.
- ☐ Add mushrooms and 2 teaspoons each sage and thyme; saut, stirring frequently, 4 minutes or until mushrooms are soft and light brown but not completely cooked.
- ☐ Remove mushrooms from pan, and set aside.
- ☐ Reduce heat to medium, and heat remaining olive oil and butter in the same pan.
- ☐ Add shallot, and saut stirring constantly, 2 minutes or until tender and translucent.
- ☐ Add garlic, and saut, stirring constantly, 1 minute more.
- ☐ Add rice, and cook, stirring constantly, 2 minutes or until grains are well coated and the outsides turn translucent. (Do not let rice brown.)
- ☐ Add white wine, and cook 30 seconds or until most of it evaporates.
- ☐ Add 1 cup chicken broth, and stir constantly until mostly absorbed.
- ☐ Add additional broth in 1-cup increments, stirring after each addition until most of the broth is absorbed. Stop adding broth when rice appears to be saturated. (You may not need all 5 cups broth.) Cook, stirring frequently, 20 to 25 minutes or until rice is tender and creamy but not mushy.

- ☐ Stir in cooked mushrooms, any collected juices, and remaining herbs. Reduce heat to low, and cook 2 minutes or until mushrooms are warmed through.
- ☐ Add a little more chicken broth if risotto gets too dry. Stir in 1/4 cup Parmesan, sea salt, and pepper. Top with remaining Parmesan, and serve warm.
- ☐ The spoon: A regular spoon will work, but a risotto spoon will get the tender results you're looking for. Rice passes through the spoon's hole instead of getting mashed.
- ☐ The rice: Once the rice turns glossy and translucent, it is fully coated with olive oil and butter and ready for the liquid.
- ☐ The broth: Keep it hot! For maximum absorption and creamy texture, make sure the chicken broth is still hot when it's added to the risotto.

Nutrition Facts



Properties

Glycemic Index:44.33, Glycemic Load:32.1, Inflammation Score:-8, Nutrition Score:16.503478278284%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 340.28kcal (17.01%), Fat: 12.19g (18.75%), Saturated Fat: 4.73g (29.59%), Carbohydrates: 46.13g (15.38%), Net Carbohydrates: 43.86g (15.95%), Sugar: 1.72g (1.92%), Cholesterol: 17.28mg (5.76%), Sodium: 391.63mg (17.03%), Alcohol: 1.03g (100%), Alcohol %: 0.46% (100%), Protein: 10.44g (20.88%), Copper: 2.85mg (142.62%), Manganese: 0.71mg (35.34%), Folate: 125.92µg (31.48%), Vitamin B3: 5.64mg (28.18%), Vitamin B1: 0.33mg (21.74%), Selenium: 14.29µg (20.41%), Phosphorus: 190.84mg (19.08%), Iron: 3.09mg (17.18%), Vitamin B2: 0.26mg (15.46%), Vitamin B5: 1.28mg (12.81%), Potassium: 358.95mg (10.26%), Calcium: 98.95mg (9.9%), Vitamin B6: 0.2mg (9.84%), Fiber: 2.27g (9.07%), Zinc: 1.36mg (9.05%), Magnesium: 25.41mg (6.35%), Vitamin E: 0.83mg (5.54%), Vitamin B12: 0.29µg (4.88%), Vitamin A: 229.27IU (4.59%), Vitamin C: 3.11mg (3.77%), Vitamin K: 3.57µg (3.4%), Vitamin D: 0.19µg (1.25%)