



Sausage and Spinach Risotto

 Gluten Free

READY IN



44 min.

SERVINGS



4

CALORIES



435 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup arborio rice uncooked
- ☐ 6 ounce baby spinach
- ☐ 0.3 cup wine dry white
- ☐ 3 garlic clove minced
- ☐ 5 ounces sausage sweet italian (2 links)
- ☐ 3 cups beef broth fat-free
- ☐ 8 ounce mushrooms
- ☐ 1 tablespoon olive oil extra virgin extra-virgin

- ☐ 1 ounce pecorino cheese fresh shaved
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup shallots chopped
- ☐ 1 cup water

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Bring broth and 1 cup water to a simmer in a small saucepan (do not boil); keep warm over low heat.
- ☐ Heat a Dutch oven over medium-high heat.
- ☐ Add oil; swirl to coat.
- ☐ Add salt and mushrooms to pan; cook for 8 minutes or until browned, stirring occasionally.
- ☐ Remove mushrooms from pan, and set aside.
- ☐ Add sausage to pan, and cook for 3 minutes or until browned, stirring to crumble.
- ☐ Add shallots and garlic; cook 1 minute, stirring constantly. Reduce heat to medium.
- ☐ Add rice; cook for 1 minute, stirring constantly. Stir in wine, and cook until liquid is nearly absorbed, scraping pan to loosen browned bits.
- ☐ Stir in 1 cup broth mixture; cook for 2 minutes or until liquid is nearly absorbed, stirring constantly.
- ☐ Add remaining broth mixture, 1/2 cup at a time, stirring constantly until each portion of broth mixture is absorbed before adding the next (about 30 minutes total).
- ☐ Remove pan from heat.
- ☐ Add mushrooms and spinach; stir until spinach wilts. Top evenly with cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:69, Glycemic Load:33.54, Inflammation Score:-10, Nutrition Score:28.614347965821%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 434.53kcal (21.73%), Fat: 17.17g (26.42%), Saturated Fat: 5.82g (36.39%), Carbohydrates: 49.69g (16.56%), Net Carbohydrates: 45.79g (16.65%), Sugar: 3.89g (4.33%), Cholesterol: 34.3mg (11.43%), Sodium: 791.65mg (34.42%), Alcohol: 2.06g (100%), Alcohol %: 0.54% (100%), Protein: 17.42g (34.85%), Vitamin K: 208.01µg (198.1%), Vitamin A: 4018.3IU (80.37%), Folate: 221.29µg (55.32%), Manganese: 1.1mg (54.81%), Vitamin B1: 0.59mg (39.25%), Selenium: 23.76µg (33.94%), Potassium: 1033.39mg (29.53%), Vitamin B3: 5.66mg (28.32%), Vitamin B2: 0.43mg (25.26%), Iron: 4.49mg (24.95%), Phosphorus: 246.07mg (24.61%), Vitamin B6: 0.48mg (23.98%), Copper: 0.41mg (20.71%), Vitamin C: 16.92mg (20.5%), Vitamin B5: 1.84mg (18.39%), Magnesium: 67.43mg (16.86%), Fiber: 3.9g (15.58%), Calcium: 145.76mg (14.58%), Zinc: 2.06mg (13.75%), Vitamin E: 1.4mg (9.35%), Vitamin B12: 0.42µg (7.08%)