



WHATSheATE



Smoked-Gouda Risotto with Spinach and Mushrooms

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



470 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups arborio rice
- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 0.5 pound button mushrooms sliced
- ☐ 0.5 pound cremini mushrooms sliced
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.5 cup cooking wine dry white

- ☐ 32 ounce less-sodium chicken broth fat-free canned
- ☐ 1.5 teaspoons rosemary fresh chopped
- ☐ 1.5 teaspoons thyme leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 6 ounces gouda cheese smoked shredded
- ☐ 1 tablespoon olive oil
- ☐ 3.5 ounces oyster mushrooms sliced
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots chopped
- ☐ 3.5 ounces shiitake mushroom caps sliced
- ☐ 5 ounces pkt spinach chopped
- ☐ 2 cups water

Equipment

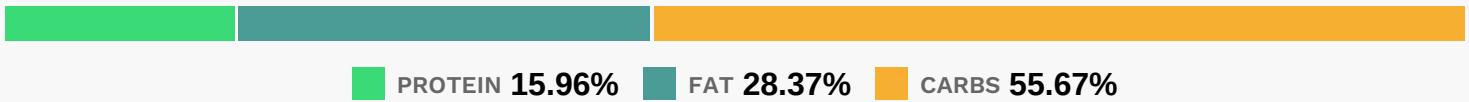
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ To prepare risotto, combine water and broth; set aside. Melt butter in a large nonstick saucepan over medium heat.
- ☐ Add 1/3 cup shallots; cover and cook 2 minutes.
- ☐ Add rice; cook 2 minutes, uncovered, stirring constantly. Stir in 1/2 cup wine; cook 30 seconds or until the liquid is nearly absorbed, stirring constantly.
- ☐ Add 1/2 teaspoon salt and broth mixture, 1/2 cup at a time, stirring constantly until each portion of broth mixture is absorbed before adding the next (about 20 minutes total). Stir in Gouda; cook just until melted. Stir in spinach; cook just until spinach is wilted.
- ☐ To prepare mushrooms, heat olive oil in a large nonstick skillet over medium-high heat.

- ☐ Add mushrooms, and saut 5 minutes or until beginning to brown.
- ☐ Add 1/3 cup shallots, 1/4 cup wine, chopped thyme, chopped rosemary, and minced garlic, and saut 1 minute or until wine is absorbed.
- ☐ Sprinkle with 1/4 teaspoon salt and pepper.
- ☐ Divide risotto evenly among 6 bowls; top with mushroom mixture, and sprinkle with Parmesan.
- ☐ Garnish with rosemary sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:74.83, Glycemic Load:43.29, Inflammation Score:-10, Nutrition Score:31.274347813233%

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: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 470.22kcal (23.51%), Fat: 14.25g (21.93%), Saturated Fat: 7.44g (46.47%), Carbohydrates: 62.94g (20.98%), Net Carbohydrates: 58.63g (21.32%), Sugar: 4.3g (4.78%), Cholesterol: 40.55mg (13.52%), Sodium: 1267.14mg (55.09%), Alcohol: 3.09g (100%), Alcohol %: 0.77% (100%), Protein: 18.04g (36.09%), Vitamin K: 116.78µg (111.22%), Folate: 237.06µg (59.26%), Manganese: 1.15mg (57.71%), Vitamin A: 2503.55IU (50.07%), Selenium: 33.81µg (48.29%), Phosphorus: 410.64mg (41.06%), Vitamin B3: 8.12mg (40.61%), Vitamin B2: 0.66mg (38.86%), Vitamin B1: 0.52mg (34.44%), Calcium: 308.66mg (30.87%), Copper: 0.62mg (30.76%), Vitamin B5: 2.83mg (28.28%), Iron: 4.77mg (26.48%), Potassium: 747.94mg (21.37%), Vitamin B6: 0.42mg (21.22%), Zinc: 3.15mg (21%), Fiber: 4.31g (17.24%), Magnesium: 66.59mg (16.65%), Vitamin B12: 0.85µg (14.21%), Vitamin C: 9.45mg (11.45%), Vitamin E: 0.96mg (6.41%), Vitamin D: 0.46µg (3.07%)