



Spelt & wild mushroom risotto

 Vegetarian

READY IN



55 min.

SERVINGS



4

CALORIES



261 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 200 g pearled spelt
- ☐ 25 g porcini mushrooms dried
- ☐ 0.5 tbsp olive oil
- ☐ 1 onion diced finely
- ☐ 2 garlic cloves finely chopped
- ☐ 100 g chestnut button mushroom cut into quarters
- ☐ 100 ml white wine
- ☐ 1l vegetable stock hot

- ☐ 1 tbsp crème fraîche low-fat
- ☐ 1 bunch chives finely chopped

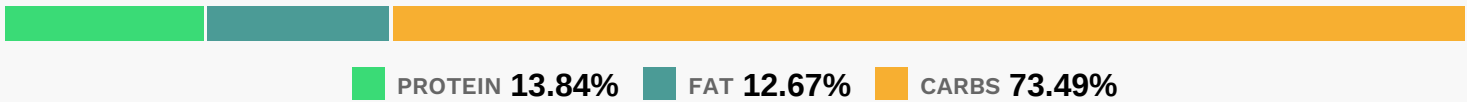
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cover the spelt with cold water and soak the dried mushrooms in 100ml boiling water in a separate bowl for 20 mins.
- ☐ Heat the olive oil in a large frying pan. Tip in the onion and garlic, cook for 2 mins, then add the chestnut mushrooms and cook for a further 2 mins.
- ☐ Drain the spelt and add along with the wine. Simmer until almost all the liquid evaporates, stirring often.
- ☐ Drain the porcini mushrooms, add them to the pan and the soaking liquid to the vegetable stock. Stir in the stock 1 cup at a time and simmer, stirring often, until all liquid is absorbed and the spelt is just tender, about 20 mins in total. Stir in the crme frache and season with salt and pepper. Spoon onto plates and sprinkle over chives and cheese (if using).

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:21.58, Inflammation Score:-7, Nutrition Score:17.456521656202%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Nutrients (% of daily need)

Calories: 261.16kcal (13.06%), Fat: 3.68g (5.66%), Saturated Fat: 0.78g (4.87%), Carbohydrates: 47.97g (15.99%),
Net Carbohydrates: 41.22g (14.99%), Sugar: 7.63g (8.48%), Cholesterol: 1.77mg (0.59%), Sodium: 1003.22mg
(43.62%), Alcohol: 2.61g (100%), Alcohol %: 0.85% (100%), Protein: 9.03g (18.06%), Manganese: 1.69mg (84.74%),
Copper: 0.72mg (36.08%), Fiber: 6.74g (26.97%), Phosphorus: 266.57mg (26.66%), Vitamin B3: 5.33mg (26.66%),
Vitamin B5: 2.34mg (23.44%), Selenium: 15.73µg (22.47%), Magnesium: 84.88mg (21.22%), Zinc: 2.5mg (16.69%),
Vitamin B2: 0.28mg (16.32%), Vitamin B1: 0.24mg (16.19%), Iron: 2.61mg (14.48%), Potassium: 472.77mg (13.51%),
Vitamin B6: 0.27mg (13.49%), Vitamin A: 596.83IU (11.94%), Folate: 45.69µg (11.42%), Vitamin K: 5.27µg (5.01%),
Vitamin E: 0.67mg (4.46%), Vitamin C: 3.33mg (4.04%), Calcium: 33.98mg (3.4%), Vitamin D: 0.27µg (1.79%)