



## Steamy Creamy Mushroom Risotto

 Gluten Free

READY IN



35 min.

SERVINGS



2

CALORIES



992 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 tablespoon butter
- 300 g chicken
- 2 teaspoons chicken broth
- 150 g mushrooms
- 150 g mushrooms
- 3 tablespoons olive oil
- 0.5 onion
- 4 tablespoons parmesan

- 2 servings bell pepper
- 2 servings bell pepper
- 240 g rice
- 2 servings salt
- 500 ml water
- 100 ml wine

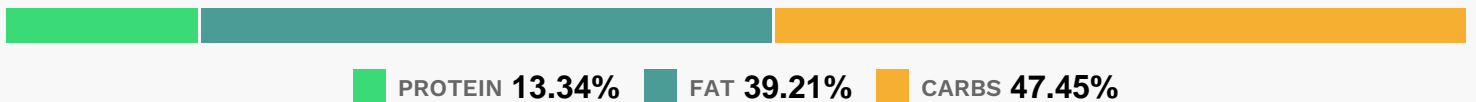
## Equipment

- frying pan
- sauce pan

## Directions

- Fry the chicken and the mushrooms and set aside. Fry the rice in a pan in the oil for a minute. Start boiling water and prepare the chicken broth in a separate saucepan. Start adding chicken broth water and the wine little by little to the rice and simmer at medium heat until the rice is cooked. Once the rice is done, add the butter, the chicken, and the mushrooms and blend them in.
- Add the parmesan, salt, and pepper and stir one last time before you serve.

## Nutrition Facts



## Properties

Glycemic Index:154.09, Glycemic Load:61.56, Inflammation Score:-9, Nutrition Score:40.656956521739%

## Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Myricetin: 0.01mg Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg

## Taste

Sweetness: 39.06%, Saltiness: 100%, Sourness: 32.65%, Bitterness: 48.15%, Savoriness: 67.47%, Fattiness: 76.98%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 992.46kcal (49.62%), Fat: 41.89g (64.45%), Saturated Fat: 11.63g (72.7%), Carbohydrates: 114.05g (38.02%), Net Carbohydrates: 107.39g (39.05%), Sugar: 11.13g (12.37%), Cholesterol: 75.95mg (25.32%), Sodium: 503.97mg (21.91%), Alcohol: 5.22g (29.02%), Protein: 32.06g (64.13%), Vitamin C: 197.06mg (238.86%), Vitamin A: 5019.67IU (100.39%), Manganese: 1.66mg (82.81%), Vitamin B3: 13.82mg (69.09%), Selenium: 45.12µg (64.45%), Vitamin B6: 1.11mg (55.3%), Vitamin B2: 0.93mg (54.61%), Phosphorus: 499.96mg (50%), Vitamin B5: 4.7mg (47%), Copper: 0.86mg (42.89%), Vitamin E: 5.93mg (39.55%), Potassium: 1153.66mg (32.96%), Folate: 114.6µg (28.65%), Fiber: 6.66g (26.63%), Zinc: 3.82mg (25.48%), Vitamin B1: 0.35mg (23.31%), Magnesium: 90.7mg (22.67%), Vitamin K: 22.12µg (21.06%), Calcium: 195.45mg (19.54%), Iron: 3.4mg (18.89%), Vitamin B12: 0.42µg (6.93%), Vitamin D: 0.49µg (3.29%)