



Sweet Corn, Black Trumpet and Truffle Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



407 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 ears of corn sweet
- ☐ 2 teaspoons garlic chopped
- ☐ 12 turns ground pepper fresh black
- ☐ 0.3 cup heavy cream
- ☐ 1 pound trumpet mushrooms black
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup parmigiano-reggiano cheese grated

- ☐ 1 pound risotto
- ☐ 0.5 teaspoon salt
- ☐ 1 truffle black
- ☐ 10 servings drizzle of truffle oil white
- ☐ 6 cups vegetable stock
- ☐ 0.3 teaspoon pepper white
- ☐ 1 cup onions yellow chopped

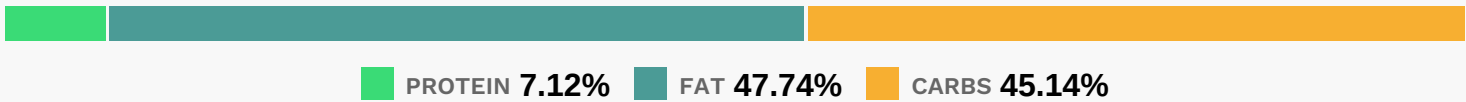
Equipment

- ☐ frying pan
- ☐ wooden spoon

Directions

- ☐ Over medium heat, in a large saute pan, heat the olive oil and 1 tablespoon butter.
- ☐ Heat the oil for 1 minute.
- ☐ Add the onions, corn, salt, white pepper, and black pepper.
- ☐ Saute for 3 minutes. Using a wooden spoon, stir in the risotto.
- ☐ Saute for 2 minutes. Stir the stock into the risotto. Bring the liquid up to a simmer, about 6 minutes. Stir in the mushrooms and garlic. Simmer the risotto for 18 minutes, stirring constantly. Stir in the remaining butter, cream, grated cheese and truffle oil. Simmer for 2 minutes, stirring constantly.
- ☐ Remove from heat and serve.
- ☐ Garnish with shaved truffles.

Nutrition Facts



Properties

Glycemic Index:29.3, Glycemic Load:29.79, Inflammation Score:-7, Nutrition Score:13.135652251866%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 407.26kcal (20.36%), Fat: 21.93g (33.75%), Saturated Fat: 5.94g (37.13%), Carbohydrates: 46.66g (15.55%), Net Carbohydrates: 43.39g (15.78%), Sugar: 3.74g (4.15%), Cholesterol: 16.14mg (5.38%), Sodium: 792.6mg (34.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.36g (14.73%), Manganese: 0.74mg (36.91%), Folate: 133.52µg (33.38%), Vitamin B1: 0.35mg (23.6%), Vitamin B3: 4.49mg (22.44%), Iron: 2.92mg (16.21%), Phosphorus: 159.91mg (15.99%), Vitamin E: 2.39mg (15.94%), Selenium: 9.69µg (13.85%), Vitamin B5: 1.38mg (13.81%), Vitamin B2: 0.23mg (13.29%), Fiber: 3.27g (13.1%), Copper: 0.24mg (12.12%), Vitamin K: 11.9µg (11.33%), Vitamin A: 559.19IU (11.18%), Potassium: 326.44mg (9.33%), Vitamin B6: 0.18mg (9.05%), Magnesium: 31.78mg (7.94%), Calcium: 77.32mg (7.73%), Zinc: 1.13mg (7.56%), Vitamin C: 2.64mg (3.2%), Vitamin D: 0.44µg (2.92%), Vitamin B12: 0.07µg (1.24%)