



Three-Mushroom Risotto

 Gluten Free

READY IN



95 min.

SERVINGS



6

CALORIES



269 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.3 ounces the following: parmesan rind) dried (1 cup)
- ☐ 0.3 cup vegetable oil
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 garlic clove finely chopped
- ☐ 2 tablespoons spring onion sliced
- ☐ 1 cup rice long-grain uncooked
- ☐ 3.5 ounces mushroom caps fresh thinly sliced
- ☐ 5.5 ounces crimini mushrooms fresh thinly sliced

- ☐ 3.5 cups chicken broth warmed (from 32-ounces carton)
- ☐ 0.5 cup parmesan shredded freshly grated
- ☐ 1 tablespoon balsamic vinegar

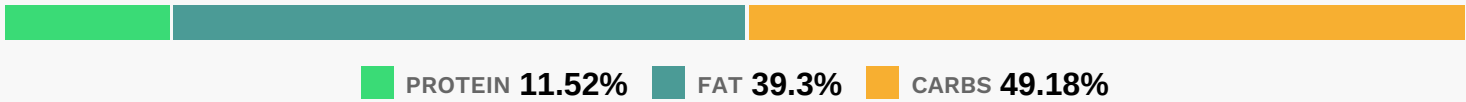
Equipment

- ☐ frying pan

Directions

- ☐ Cover porcini mushrooms with warm water.
- ☐ Let stand at room temperature about 1 hour or until tender; drain.
- ☐ Heat oil in 10-inch nonstick skillet over medium-high heat. Cook parsley, garlic and onions in oil about 5 minutes, stirring frequently, until onions are tender.
- ☐ Stir in rice. Cook, stirring frequently, until edges of kernels are translucent. Stir in porcini, shiitake and crimini mushrooms. Cook uncovered about 3 minutes, stirring frequently, until mushrooms are tender.
- ☐ Reduce heat to medium.
- ☐ Add 1 cup of the broth. Cook uncovered about 5 minutes, stirring frequently, until broth is absorbed. Stir in remaining broth, 1/2 cup at a time, cooking about 3 minutes after each addition and stirring occasionally, until broth is absorbed, rice is just tender and mixture is moist.
- ☐ Stir in cheese and vinegar.

Nutrition Facts



Properties

Glycemic Index:44.03, Glycemic Load:15.59, Inflammation Score:-3, Nutrition Score:12.906956569008%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.25mg,

Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 269kcal (13.45%), Fat: 11.92g (18.33%), Saturated Fat: 2.85g (17.8%), Carbohydrates: 33.56g (11.19%), Net Carbohydrates: 31.77g (11.55%), Sugar: 2.14g (2.38%), Cholesterol: 8.41mg (2.8%), Sodium: 649.46mg (28.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.86g (15.71%), Vitamin K: 42.92µg (40.87%), Manganese: 0.59mg (29.34%), Copper: 0.56mg (27.99%), Selenium: 17.8µg (25.43%), Vitamin B5: 2.31mg (23.12%), Vitamin B2: 0.37mg (21.59%), Phosphorus: 170.93mg (17.09%), Vitamin B3: 3.32mg (16.6%), Calcium: 126.06mg (12.61%), Vitamin B6: 0.22mg (10.97%), Zinc: 1.62mg (10.78%), Potassium: 349.01mg (9.97%), Fiber: 1.79g (7.15%), Magnesium: 28.07mg (7.02%), Vitamin B1: 0.1mg (6.98%), Folate: 24.69µg (6.17%), Vitamin E: 0.88mg (5.84%), Iron: 0.85mg (4.73%), Vitamin A: 200.26IU (4.01%), Vitamin C: 2.98mg (3.61%), Vitamin B12: 0.15µg (2.56%), Vitamin D: 0.36µg (2.43%)