



Three-Mushroom Risotto

 Gluten Free

READY IN



55 min.

SERVINGS



55

CALORIES



26 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup arborio rice uncooked
- 2 Tbsp butter
- 0.5 lb button mushrooms fresh sliced
- 3 cups chicken broth
- 0.5 oz porcini mushrooms dried
- 2 Tbsp thyme leaves fresh chopped
- 0.5 cup parmesan cheese divided grated kraft
- 0.5 lb portabello mushrooms chopped

- 0.5 cup shallots sliced
- 1 cup water

Equipment

- frying pan
- sauce pan
- slotted spoon
- cutting board

Directions

- Bring porcini mushrooms and water to boil in medium saucepan; simmer on low heat 5 min. or until mushrooms are tender. Use slotted spoon to transfer mushrooms to cutting board.
- Add chicken broth to mushroom liquid in pan; bring just to boil. Reduce heat to low; cover to keep warm. Chop porcini mushrooms.
- Melt butter in deep large skillet on medium heat.
- Add shallots; cook and stir 2 min.
- Add button and portobello mushrooms; cook and stir 2 min. Stir in porcini mushrooms; cook and stir 2 min.
- Add rice; cook and stir 1 min.
- Add warm broth mixture 1/2 cup at a time, stirring after each addition until most of the liquid is absorbed. (This will take about 20 min.) Stir in 1/4 cup cheese; top with remaining cheese and thyme.

Nutrition Facts



Properties

Glycemic Index:4.35, Glycemic Load:2.41, Inflammation Score:-3, Nutrition Score:1.4826086976606%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg,
Luteolin: 0.12mg, Luteolin: 0.12mg

Nutrients (% of daily need)

Calories: 25.7kcal (1.28%), Fat: 0.76g (1.16%), Saturated Fat: 0.42g (2.62%), Carbohydrates: 3.96g (1.32%), Net
Carbohydrates: 3.63g (1.32%), Sugar: 0.42g (0.46%), Cholesterol: 2.16mg (0.72%), Sodium: 67.93mg (2.95%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Selenium: 2.22µg (3.17%), Manganese: 0.06mg
(3.14%), Folate: 11.59µg (2.9%), Vitamin B3: 0.56mg (2.79%), Copper: 0.05mg (2.61%), Vitamin B2: 0.04mg (2.32%),
Vitamin B5: 0.22mg (2.24%), Vitamin B1: 0.03mg (2.1%), Phosphorus: 20.17mg (2.02%), Iron: 0.28mg (1.53%),
Vitamin B6: 0.03mg (1.41%), Potassium: 47.68mg (1.36%), Fiber: 0.33g (1.32%), Zinc: 0.17mg (1.1%), Calcium: 11.01mg
(1.1%)