



Turkey and Mushroom Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



495 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons flat parsley finely chopped
- ☐ 6 servings pepper black freshly ground
- ☐ 0.5 cup parmesan shredded
- ☐ 2 cups rice
- ☐ 1 cup turkey gravy shredded leftover
- ☐ 8 cups turkey stock
- ☐ 4 tablespoons butter unsalted divided ()
- ☐ 2 cups mushrooms wild fresh white assorted thinly sliced (preferably , but buttons will do)

☐ 1 small onion yellow thinly sliced

Equipment

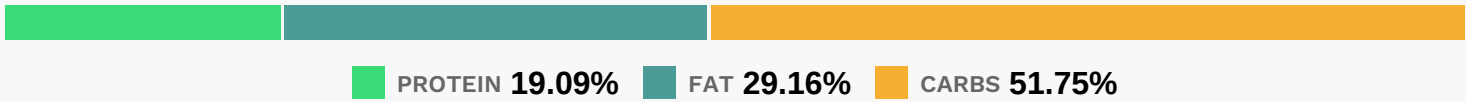
☐ bowl

☐ pot

Directions

- ☐ Bring stock to a simmer in a medium pot overmedium heat. Reduce heat to low. Cover andkeep warm.
- ☐ Meanwhile, melt 3 tablespoons butter in a large potover medium heat until it begins to foam.
- ☐ Addonion. Sauté, stirring occasionally, until onion issoft and translucent and just beginning to turngolden, about 5 minutes.
- ☐ Add mushrooms; cook, stirring occasionally,until soft, and any liquid released has evaporated,5–7 minutes.
- ☐ Add rice; stir to coat.
- ☐ Add 1/2 cup warm stockand stir constantly until liquid is absorbed.Continue adding stock by 1/2–cupfuls, stirringconstantly, until rice is tender but still firm tothe bite, about 20 minutes.
- ☐ Add leftover turkeymeat, if using; stir to combine and to warmthrough, adding a little stock or water if necessaryto keep mixture creamy, about 3 minutes.
- ☐ Stir Parmesan and remaining 1 tablespoons butterinto risotto. Season to taste with salt andpepper. Divide among warm bowls.
- ☐ Garnishwith chopped parsley.

Nutrition Facts



Properties

Glycemic Index:35.2, Glycemic Load:30.25, Inflammation Score:-5, Nutrition Score:16.74608712611%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg,

Isorhamnetin: 0.58mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 494.77kcal (24.74%), Fat: 15.77g (24.27%), Saturated Fat: 7.81g (48.83%), Carbohydrates: 63.01g (21%), Net Carbohydrates: 61.62g (22.41%), Sugar: 6.27g (6.97%), Cholesterol: 60.63mg (20.21%), Sodium: 615.57mg (26.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.23g (46.47%), Vitamin B3: 9.42mg (47.09%), Selenium: 28.21µg (40.31%), Manganese: 0.72mg (36.06%), Vitamin B2: 0.53mg (31.06%), Phosphorus: 300.03mg (30%), Vitamin B6: 0.49mg (24.7%), Vitamin K: 23.56µg (22.44%), Copper: 0.44mg (22.07%), Potassium: 595.32mg (17.01%), Zinc: 2.13mg (14.21%), Vitamin B5: 1.39mg (13.95%), Calcium: 136.83mg (13.68%), Vitamin B1: 0.2mg (13.36%), Magnesium: 43.77mg (10.94%), Iron: 1.76mg (9.76%), Vitamin A: 429.99IU (8.6%), Folate: 33.37µg (8.34%), Vitamin B12: 0.37µg (6.11%), Fiber: 1.39g (5.56%), Vitamin C: 3.94mg (4.78%), Vitamin E: 0.43mg (2.87%), Vitamin D: 0.34µg (2.26%)