



Turkey Mushroom Risotto



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



438 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 Tbsp butter
- ☐ 1 large shallots chopped
- ☐ 0.3 pound chanterelles fresh chopped
- ☐ 2 garlic cloves chopped
- ☐ 1 Tbsp sage fresh chopped
- ☐ 1.5 cups arborio
- ☐ 4 servings salt
- ☐ 3 cups turkey stock

- ☐ 2 ounces chèvre fresh
- ☐ 4 servings bell pepper black to taste

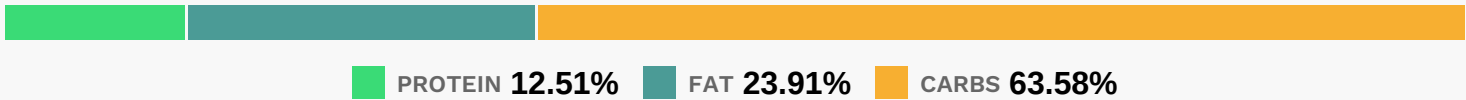
Equipment

- ☐ pot

Directions

- ☐ Simmer turkey stock and water: Bring the turkey stock, plus an additional 2 cups of water, to a simmer.
- ☐ Cook shallots and mushrooms:
- ☐ Heat the butter in a medium-sized pot over medium-high heat for 1-2 minutes, until it begins to brown.
- ☐ Add the shallots and mushrooms and toss to combine. Salt them well and sauté until the shallots are translucent, about 3 minutes.
- ☐ Add the garlic, sage and rice and stir well. Sauté for another 1-2 minutes, stirring often.
- ☐ Start adding stock:
- ☐ Add 1 cup of the simmering stock. Stirring constantly, let the stock evaporate before adding another 1/2 cup. Repeat, stirring almost constantly, until the rice is al dente, cooked through but still a little firm. This will take about 20-30 minutes.
- ☐ When the rice is al dente, add the goat cheese and stir well to combine.
- ☐ Add the black pepper and stir again.
- ☐ Serve at once.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:47.64, Inflammation Score:-7, Nutrition Score:20.019565183183%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 438.19kcal (21.91%), Fat: 11.49g (17.67%), Saturated Fat: 6.45g (40.34%), Carbohydrates: 68.73g (22.91%), Net Carbohydrates: 65.89g (23.96%), Sugar: 4.19g (4.66%), Cholesterol: 27.11mg (9.04%), Sodium: 549.09mg (23.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.53g (27.05%), Copper: 5.03mg (251.68%), Manganese: 1.02mg (50.77%), Folate: 192.65µg (48.16%), Vitamin B3: 7.34mg (36.7%), Vitamin B1: 0.54mg (35.87%), Selenium: 19.51µg (27.86%), Iron: 4.28mg (23.8%), Vitamin B2: 0.4mg (23.53%), Phosphorus: 196.42mg (19.64%), Vitamin B6: 0.35mg (17.6%), Vitamin B5: 1.66mg (16.64%), Potassium: 403.56mg (11.53%), Fiber: 2.84g (11.37%), Zinc: 1.48mg (9.86%), Magnesium: 34.57mg (8.64%), Vitamin A: 330.11IU (6.6%), Calcium: 45.68mg (4.57%), Vitamin C: 2.12mg (2.57%), Vitamin E: 0.25mg (1.68%), Vitamin K: 1.35µg (1.28%)