



## Wild Mushroom and Sun-Dried Tomato Farrotto (Farro Risotto)

READY IN



80 min.

SERVINGS



6

CALORIES



357 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 cup cooking wine dry white
- 1 cup farro
- 3 tablespoons flat-leaf parsley fresh chopped
- 2 cloves garlic minced
- 6 servings kosher salt and pepper black freshly ground
- 1.5 quarts chicken stock see low-sodium warmed
- 3 cups mushrooms wild assorted cleaned roughly chopped (cremini, shiitake, oyster, wood ear)
- 2 tablespoons olive oil extra-virgin

- 0.5 cup parmesan finely grated
- 1 shallots diced finely
- 0.5 cup cup heavy whipping cream sour
- 0.5 cup rehydrated sun-dried tomatoes diced
- 2 tablespoons butter unsalted

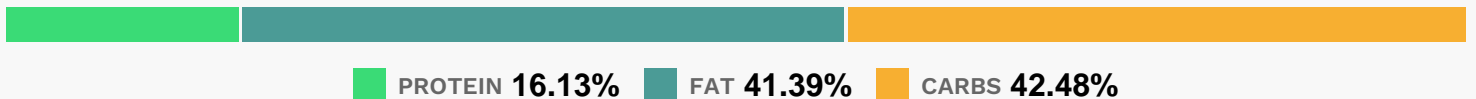
## Equipment

- pot

## Directions

- Watch how to make this recipe.
- Place the farro in a large pot of cold water and bring to a boil. Simmer for 15 to 20 minutes to par-cook the farro, and then drain and set aside.
- In a heavy-based pot, add the butter and oil.
- Add the mushrooms, garlic and shallots and saute until just tender, 3 to 5 minutes. Deglaze with the white wine.
- Add the drained farro and stir to combine.
- Add the chicken stock to the pot a little at a time, ensuring at each addition that the liquid has been completely absorbed by the farro. Keep stirring and adding the stock until the mixture is thick and creamy.
- Add the sun-dried tomatoes. Season with salt and pepper, and then add the Parmesan, sour cream and parsley.

## Nutrition Facts



## Properties

Glycemic Index:38, Glycemic Load:1.99, Inflammation Score:-6, Nutrition Score:17.86434782588%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 356.59kcal (17.83%), Fat: 16.59g (25.53%), Saturated Fat: 6.92g (43.24%), Carbohydrates: 38.33g (12.78%), Net Carbohydrates: 31.27g (11.37%), Sugar: 6.24g (6.94%), Cholesterol: 27.01mg (9%), Sodium: 229.04mg (9.96%), Alcohol: 2.06g (100%), Alcohol %: 0.67% (100%), Protein: 14.55g (29.1%), Vitamin K: 41.33µg (39.37%), Vitamin B3: 7.45mg (37.22%), Manganese: 0.7mg (35.23%), Phosphorus: 301.02mg (30.1%), Selenium: 20.38µg (29.12%), Fiber: 7.05g (28.21%), Copper: 0.56mg (28.1%), Vitamin B2: 0.42mg (24.43%), Potassium: 841.18mg (24.03%), Calcium: 158.2mg (15.82%), Iron: 2.77mg (15.37%), Magnesium: 60.78mg (15.19%), Vitamin B6: 0.25mg (12.26%), Zinc: 1.75mg (11.67%), Vitamin B5: 1.15mg (11.48%), Vitamin A: 557.85IU (11.16%), Vitamin B1: 0.17mg (11.04%), Vitamin C: 8.08mg (9.79%), Folate: 28.64µg (7.16%), Vitamin B12: 0.4µg (6.73%), Vitamin E: 0.9mg (6.02%), Vitamin D: 0.21µg (1.38%)