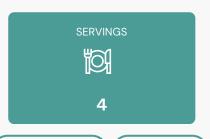


Wild Mushroom Quinotto Recipe

Gluten Free







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

4 cups chicken stock see
4 servings cilantro leaves
3 garlic clove minced
O.3 cup cup heavy whipping cream
4 cups mushrooms wild mixed chopped
2 tablespoons olive oil
O.5 cup grana padano cheese grated

2 cups quinoa raw

	4 servings pepper black freshly ground to taste	
	2 medium shallots finely chopped	
	2 tablespoons butter unsalted divided	
	0.5 cup wine	
Equipment		
	frying pan	
	sauce pan	
	slotted spoon	
Directions		
	In a saucepan, bring the stock up to a boil and reduce to a simmer while you are working on the other ingredients.	
	Heat a large sauté pan with straight sides over high heat.	
	Add the oil and when it starts to shimmer, add about half the mushrooms. You don't want to overcrowd the pan, and the mushrooms should be in a single layer. Leave them for 2 to 3 minutes to develop a nice golden brown.	
	Add 1 tablespoon of butter, season with salt and toss to cook another minute.	
	Remove using a slotted spoon and repeat with the rest of the mushrooms and another tablespoon of butter. Set aside.Reduce heat to medium-low and add shallots and garlic. Cook for 3 to 4 minutes, until translucent, and then add quinoa. Toast for about a minute and then add the white wine.	
	Let it reduce by half and then stir in about 2 cups of the hot stock. Continue adding stock, a 1/2 cup at a time, stirring in intervals for 15 minutes. You'll need between 4 and 5 cups of stock to achieve a "risotto-like" texture. Cover for the last 5 minutes.	
	Add in the reserved mushrooms, heavy cream, cheese and season to taste.	
	Serve immediately, garnished with fresh herbs.Try out these recipes with quinoa on Food Republic:Quinoa Power Bars Recipe	
	Roasted Garlic Kale & Quinoa Salad With Cranberries Recipe	
	Grilled Avocado With Quinoa Salad Recine	

Nutrition Facts

PROTEIN 15.87% FAT 38.08% CARBS 46.05%

Properties

Glycemic Index:49.5, Glycemic Load:4.06, Inflammation Score:-9, Nutrition Score:38.752173817676%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Kaempferol: 0.01mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.1mg, Quercetin: 0.1mg, Querce

Nutrients (% of daily need)

Calories: 724.91kcal (36.25%), Fat: 30.45g (46.85%), Saturated Fat: 11.41g (71.31%), Carbohydrates: 82.87g (27.62%), Net Carbohydrates: 70.8g (25.75%), Sugar: 11.01g (12.23%), Cholesterol: 47.56mg (15.85%), Sodium: 576.41mg (25.06%), Alcohol: 3.09g (100%), Alcohol %: 0.61% (100%), Protein: 28.55g (57.1%), Manganese: 2.37mg (118.66%), Phosphorus: 819.98mg (82%), Vitamin B3: 13.97mg (69.84%), Vitamin B6: 1.33mg (66.29%), Vitamin B2: 1.05mg (61.55%), Magnesium: 235.32mg (58.83%), Folate: 204.16µg (51.04%), Copper: 0.98mg (48.96%), Fiber: 12.08g (48.3%), Potassium: 1518.89mg (43.4%), Vitamin B5: 4.21mg (42.14%), Selenium: 29.22µg (41.74%), Zinc: 5.8mg (38.66%), Iron: 5.75mg (31.97%), Vitamin B1: 0.45mg (29.72%), Vitamin E: 3.49mg (23.27%), Calcium: 223.15mg (22.31%), Vitamin A: 518.31IU (10.37%), Vitamin D: 1.31µg (8.73%), Vitamin K: 6.6µg (6.29%), Vitamin B12: 0.19µg (3.1%), Vitamin C: 2.3mg (2.79%)