



Wild Mushroom Quinotto Recipe

 Gluten Free

READY IN



100 min.

SERVINGS



4

CALORIES



725 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups chicken stock see
- 4 servings cilantro leaves
- 3 garlic clove minced
- 0.3 cup cup heavy whipping cream
- 4 cups mushrooms wild mixed chopped
- 2 tablespoons olive oil
- 0.5 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 Recipe](#)

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, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg 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, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

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%)