



Wild Mushroom Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



491 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups arborio rice medium-grain white
- ☐ 2 tablespoons butter ()
- ☐ 12 ounces crimini mushrooms finely chopped
- ☐ 0.5 ounce the following: parmesan rind) dried rinsed
- ☐ 0.5 cup wine dry white
- ☐ 1 tablespoon marjoram fresh minced
- ☐ 1 tablespoon thyme sprigs fresh minced
- ☐ 2 large garlic clove minced

- ☐ 5 cups chicken broth canned
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 2.5 cups onion finely chopped
- ☐ 0.5 cup parmesan cheese grated
- ☐ 6 servings parmesan cheese grated

Equipment

- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Bring broth to simmer in heavy medium saucepan.
- ☐ Add porcini and simmer until just tender, about 2 minutes. Using slotted spoon, transfer mushrooms to plate. Cool mushrooms and chop finely. Cover broth and keep warm over very low heat.
- ☐ Melt butter with oil in heavy large saucepan over medium heat.
- ☐ Add onions; sauté until tender, about 10 minutes.
- ☐ Add crimini mushrooms; sauté until tender, about 8 minutes.
- ☐ Add porcini, garlic and both herbs; sauté 4 minutes.
- ☐ Add rice; stir 2 minutes.
- ☐ Add wine; cook until liquid is absorbed, stirring often, about 3 minutes.
- ☐ Add 1 cup hot broth; simmer until liquid is absorbed, stirring often, about 8 minutes. Continue to cook until rice is just tender and mixture is creamy, adding more broth by cupfuls and stirring often, about 30 minutes.
- ☐ Mix in 1/2 cup cheese. Season with salt and pepper.
- ☐ Serve, passing additional cheese separately.
- ☐ *Porcini are available at Italian markets and many supermarkets.

Nutrition Facts



Properties

Glycemic Index:46.83, Glycemic Load:32.91, Inflammation Score:-9, Nutrition Score:22.424782628598%

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: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 13.56mg, Quercetin: 13.56mg, Quercetin: 13.56mg, Quercetin: 13.56mg

Nutrients (% of daily need)

Calories: 491.26kcal (24.56%), Fat: 18.47g (28.41%), Saturated Fat: 9.13g (57.08%), Carbohydrates: 58.29g (19.43%), Net Carbohydrates: 54.95g (19.98%), Sugar: 4.34g (4.83%), Cholesterol: 43.38mg (14.46%), Sodium: 768.22mg (33.4%), Alcohol: 2.06g (100%), Alcohol %: 0.59% (100%), Protein: 21.1g (42.2%), Selenium: 37.34µg (53.34%), Phosphorus: 451.53mg (45.15%), Manganese: 0.81mg (40.3%), Calcium: 383.97mg (38.4%), Folate: 149.89µg (37.47%), Vitamin B3: 7.4mg (37.01%), Copper: 0.66mg (33.15%), Vitamin B2: 0.55mg (32.51%), Vitamin B1: 0.39mg (25.9%), Zinc: 3.39mg (22.59%), Vitamin B5: 2.24mg (22.44%), Potassium: 693.56mg (19.82%), Iron: 3.42mg (18.98%), Vitamin B6: 0.33mg (16.41%), Fiber: 3.34g (13.36%), Vitamin B12: 0.78µg (12.98%), Magnesium: 46.15mg (11.54%), Vitamin A: 533.14IU (10.66%), Vitamin C: 7.64mg (9.26%), Vitamin K: 8.21µg (7.82%), Vitamin E: 0.66mg (4.41%), Vitamin D: 0.34µg (2.27%)