



 **9%**
HEALTH SCORE

Wild Mushroom Risotto

 **Gluten Free**

READY IN



60 min.

SERVINGS



6

CALORIES



425 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounces arborio rice
- 9.5 tablespoons butter divided
- 0.3 cup wine dry white
- 1.5 pounds mushrooms wild fresh
- 0.8 cup leek white green finely chopped (and pale parts only)
- 7 cups chicken broth ()
- 6 servings chanterelles stemmed halved sliced quartered (such as cèpe [porcini], hen of the woods, chanterelle, or shiitake)
- 1 tablespoon olive oil extra virgin extra-virgin

- 0.3 cup parmesan cheese grated for serving
- 0.3 cup mirin dry white

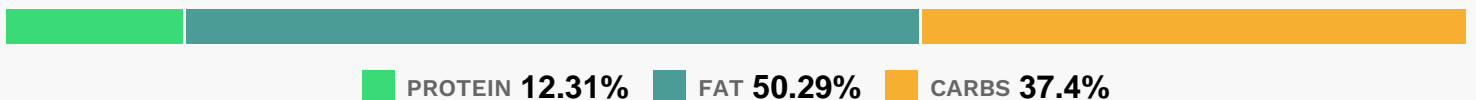
Equipment

- bowl
- sauce pan

Directions

- Melt 2 tablespoons butter in heavy large skillet over medium-high heat.
- Add 1/4 of mushrooms and sprinkle with salt. Sauté mushrooms until tender and beginning to brown, 3 to 4 minutes.
- Transfer mushrooms to medium bowl. Working in 3 more batches, repeat with 6 tablespoons butter, remaining mushrooms, and salt and pepper.
- Bring 7 cups chicken broth to simmer in medium saucepan; keep warm. Melt remaining 1 1/2 tablespoons butter with olive oil in heavy large saucepan over medium-low heat.
- Add leek, sprinkle with salt, and sauté until tender, 4 to 5 minutes.
- Add rice and increase heat to medium. Stir until edges of rice begin to look translucent, 3 to 4 minutes.
- Add white wine and vermouth and stir until liquid is absorbed, about 1 minute.
- Add 3/4 cup warm chicken broth; stir until almost all broth is absorbed, about 1 minute. Continue adding broth by 3/4 cupfuls, stirring until almost all broth is absorbed before adding more, until rice is halfway cooked, about 10 minutes. Stir in sautéed mushrooms. Continue adding broth by 3/4 cupfuls, stirring until almost all broth is absorbed before adding more, until rice is tender but still firm to bite and risotto is creamy, about 10 minutes. Stir in 1/4 cup grated Parmesan cheese, if using.
- Transfer risotto to serving bowl. Pass additional
- Parmesan cheese alongside, if desired.

Nutrition Facts



Properties

Glycemic Index:35.17, Glycemic Load:24.97, Inflammation Score:-7, Nutrition Score:16.807391353275%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 424.79kcal (21.24%), Fat: 23.75g (36.54%), Saturated Fat: 12.97g (81.05%), Carbohydrates: 39.73g (13.24%), Net Carbohydrates: 37.3g (13.56%), Sugar: 3.16g (3.51%), Cholesterol: 51.28mg (17.09%), Sodium: 306.96mg (13.35%), Alcohol: 1.98g (100%), Alcohol %: 0.51% (100%), Protein: 13.09g (26.17%), Vitamin B3: 9.53mg (47.65%), Vitamin B2: 0.59mg (34.44%), Copper: 0.6mg (29.97%), Folate: 114.75µg (28.69%), Manganese: 0.52mg (25.84%), Selenium: 18.08µg (25.82%), Phosphorus: 254.03mg (25.4%), Vitamin B5: 2.25mg (22.53%), Vitamin B1: 0.31mg (21%), Potassium: 671.32mg (19.18%), Iron: 3.08mg (17.09%), Vitamin A: 775.44IU (15.51%), Vitamin B6: 0.25mg (12.28%), Zinc: 1.51mg (10.09%), Fiber: 2.43g (9.72%), Vitamin K: 8.3µg (7.9%), Magnesium: 27.8mg (6.95%), Vitamin B12: 0.41µg (6.91%), Vitamin E: 0.99mg (6.57%), Calcium: 65.34mg (6.53%), Vitamin C: 3.72mg (4.5%), Vitamin D: 0.3µg (2%)