



 11%
HEALTH SCORE

Wild Mushroom Risotto

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



441 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 7 cups chicken broth low-sodium ()
- 9.5 Tbsp butter unsalted divided
- 1.5 lb chanterelles wild halved sliced quartered (such as porcini, hen of the woods, chanterelle, or shiitake)
- 1 serving kosher salt
- 1 Tbsp olive oil extra virgin extra-virgin
- 0.8 cup leek white green finely chopped
- 1.3 cups arborio rice
- 0.3 cup mirin dry

- 0.3 cup wine dry white

Equipment

- bowl
- frying pan
- sauce pan

Directions

- Bring 7 cups low-sodium chicken broth to a simmer in a medium saucepan, then reduce heat to low and keep warm.
- Meanwhile, melt 2 Tbsp. unsalted butter in a large heavy skillet over medium-high heat. Arrange one-quarter of 1½ lb. wild mushrooms (such as porcini, hen of the woods, chanterelle, or shiitake), sliced if large, halved or quartered if small, in an even layer in skillet and season with kosher salt. Cook, tossing often, until tender and beginning to brown, about 3 minutes; transfer to a medium bowl. Repeat process with remaining mushrooms, adding another 2 Tbsp. unsalted butter to skillet between batches.
- Melt remaining 1½ Tbsp. unsalted butter with 1 Tbsp. extra-virgin olive oil in a large heavy saucepan over medium-low heat.
- Add 1 large leek, white and pale green parts only, finely chopped (about ¾ cup), and season with salt. Cook, stirring often, until soft, about 4 minutes.
- Add 1¼ cups arborio rice, increase heat to medium, and cook, stirring often, until grains are translucent around the edges, about 3 minutes.
- Pour in ¼ cup dry vermouth and ¼ cup dry white wine and cook, stirring, until liquid is absorbed, about 1 minute.
- Add ¾ cup broth; cook, stirring often, until broth is almost completely absorbed, about 1 minute. Continue to add broth ¾-cupful at a time, stirring to incorporate and cooking until each addition is almost completely absorbed before adding more. Cook, stirring often, until rice is halfway cooked, 8–10 minutes. Stir mushrooms into risotto. Continue adding broth ¾-cupful at a time, stirring to incorporate and cooking until each addition is almost completely absorbed before adding more. Cook, stirring often, until rice is tender but still firm to the bite and risotto is creamy, 8–10 minutes. Stir in ¼ cup finely grated Parmesan (if using).
- Divide risotto among bowls; top with more Parmesan if desired.

Nutrition Facts

PROTEIN 9.47% FAT 47.86% CARBS 42.67%

Properties

Glycemic Index:21.5, Glycemic Load:26.57, Inflammation Score:-7, Nutrition Score:18.887826136921%

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: 441.13kcal (22.06%), Fat: 23.07g (35.5%), Saturated Fat: 12.43g (77.67%), Carbohydrates: 46.29g (15.43%), Net Carbohydrates: 40.61g (14.77%), Sugar: 2.22g (2.46%), Cholesterol: 48.34mg (16.11%), Sodium: 130.77mg (5.69%), Alcohol: 1.98g (100%), Alcohol %: 0.52% (100%), Protein: 10.28g (20.55%), Vitamin B3: 10.18mg (50.91%), Vitamin D: 6.35µg (42.32%), Manganese: 0.82mg (41.13%), Iron: 6.55mg (36.41%), Copper: 0.65mg (32.28%), Folate: 106.41µg (26.6%), Potassium: 874.8mg (24.99%), Fiber: 5.68g (22.7%), Vitamin B2: 0.36mg (21.1%), Phosphorus: 197.91mg (19.79%), Vitamin B5: 1.8mg (18%), Vitamin B1: 0.26mg (17.38%), Vitamin A: 747.31IU (14.95%), Selenium: 9.13µg (13.05%), Zinc: 1.58mg (10.56%), Vitamin B6: 0.18mg (9.01%), Magnesium: 31.64mg (7.91%), Vitamin K: 8.25µg (7.85%), Vitamin E: 0.96mg (6.4%), Vitamin B12: 0.31µg (5.23%), Calcium: 42.18mg (4.22%), Vitamin C: 1.34mg (1.62%)