***Mushroom Risotto Recipe:***

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| **Item Name** | **Quantity** | **Calorie** |
| ***Risotto Rice:*** | | |
| Risotto | 250 g after cooking 640 g | 960 |
| ***Total*** | ***250 g, after cooking 640 g*** | ***960 Cal***  ***1.5 Cal/g*** |

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| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Chicken Stock Water*** | | |
| Chicken Stock Powder | 20 g | 60 |
| Water | 1 liter | 0 |
| ***Total*** | ***1,020 g*** | ***0.06 Cal/g*** |

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| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| ***Risotto Cooking:*** | | |
| Risotto Rice | 200 g | 300 |
| Chopped Onion | 20 g | 9 |
| Light Butter | 15 g | 50 |
| Fresh Thyme | 1 g | 3 |
| Sauteed Mushroom Sliced | 50 g | 50 |
| Chicken Stock Water | 170 g | 10 |
| Cooking Cream | 40 g | ***140*** |
| Parmesan Cheese | 20 g | ***80*** |
| Truffle Oil | 5 g | ***45*** |
| Salt | 3 g | ***0*** |
| White Pepper | 1 g | ***3*** |
| ***Total*** | ***475 g after cook*** | ***690 cal***  ***1.45 cal/g*** |
|  |  | |

***Sauteed Mushroom 50 g inside rice recipe, and 50 g cubes as garnish so total mushroom 100 g.***

***Baby Asparagus Steamed 3 pcs for 10 g.***

***Grilled Cherry Tomato: 1 pc for 15 g.***

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| **Portions** | **1P** | **2P** | **3P** |
| Risotto Rice | 180g/ 261 Cal | 270g / 391 Cal | 360g / 520 Cal |
| Sauteed Mushroom Cubes | 30g / 30 Cal | 40g /40 | 50g /50 |
| Cherry Tomato Grilled (Garnish) | 10g /5 | 10g/5 | 10g/5 |
| Chopped Parsley (Garnish) | 1g | 1g | 1g |
| Parmesan Cheese | 5g/25 | 5g /25 | 5g / 25 |
| ***Total*** | ***320*** | ***460*** | ***600*** |