



Champagne Risotto with Scallops

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



565 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup spring onion chopped
- 0.5 pound bay scallops
- 0.7 cup arborio rice medium-grain white
- 0.3 cup parmesan cheese freshly grated
- 1 cup champagne dry
- 14.5 ounce chicken broth canned ()
- 2 tablespoons butter ()

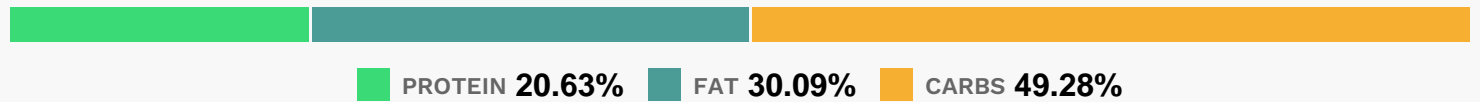
Equipment

sauce pan

Directions

- Melt butter in heavy medium saucepan over medium heat.
- Add onions; sauté 1 minute.
- Add rice; sauté 2 minutes.
- Add Champagne; simmer until almost all liquid evaporates, stirring often, about 2 minutes.
- Add 1 can broth; simmer until rice is almost tender, stirring often, about 15 minutes.
- Add scallops; simmer until scallops are cooked through and rice is tender but still firm to bite and mixture is creamy, adding more broth if too thick and stirring often, about 5 minutes. Stir in Parmesan. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:82, Glycemic Load:41.93, Inflammation Score:-8, Nutrition Score:20.487826105045%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 564.62kcal (28.23%), Fat: 17.01g (26.17%), Saturated Fat: 9.74g (60.9%), Carbohydrates: 62.7g (20.9%), Net Carbohydrates: 60.5g (22%), Sugar: 1.93g (2.15%), Cholesterol: 68.19mg (22.73%), Sodium: 825.88mg (35.91%), Alcohol: 7.55g (100%), Alcohol %: 1.76% (100%), Protein: 26.25g (52.5%), Phosphorus: 608.68mg (60.87%), Folate: 182.49µg (45.62%), Selenium: 29.41µg (42.01%), Manganese: 0.74mg (37.06%), Vitamin B12: 2µg (33.28%), Vitamin B3: 6.55mg (32.77%), Vitamin B1: 0.4mg (26.37%), Vitamin K: 27.07µg (25.78%), Iron: 4.4mg (24.44%), Potassium: 624.59mg (17.85%), Zinc: 2.67mg (17.79%), Magnesium: 61.29mg (15.32%), Calcium: 150.51mg (15.05%), Copper: 0.3mg (14.96%), Vitamin B6: 0.26mg (12.96%), Vitamin A: 586.01IU (11.72%), Vitamin B5: 1.17mg (11.67%), Vitamin B2: 0.18mg (10.61%), Fiber: 2.19g (8.77%), Vitamin E: 0.46mg (3.05%), Vitamin C: 2.35mg (2.85%)