



Champagne Shrimp Risotto

READY IN



50 min.

SERVINGS



6

CALORIES



555 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 lb shells frozen thawed uncooked
- 2 tablespoons butter
- 1 medium onion thinly sliced
- 0.5 cup wine dry white
- 1.5 cups rice white uncooked
- 2 cups chicken broth warmed (from 32-oz carton)
- 1 cup bottled clam juice warmed
- 2 cups watercress chopped
- 0.3 cup parmesan cheese grated

- 0.5 teaspoon pepper
- 1 serving parsley fresh chopped

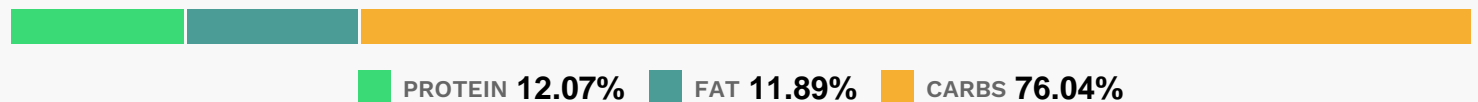
Equipment

- frying pan
- measuring cup
- dutch oven

Directions

- Peel shrimp. Make a shallow cut lengthwise down back of each shrimp; wash out vein.
- In 12-inch skillet or 4-quart Dutch oven, melt butter over medium-high heat.
- Add onion; cook, stirring frequently, until tender. Reduce heat to medium.
- Add shrimp; cook uncovered about 8 minutes, turning once, until shrimp are pink.
- Remove shrimp from skillet; keep warm.
- Add champagne to onion in skillet; cook until liquid has evaporated. Stir in rice. Cook uncovered over medium heat about 5 minutes, stirring frequently, until edges of rice kernels are translucent. In 4-cup glass measuring cup, mix chicken broth and clam juice; pour 1/2 cup mixture over rice. Cook uncovered, stirring occasionally, until liquid is absorbed. Repeat with remaining broth mixture, 1/2 cup at a time, until rice is tender and creamy.
- About 5 minutes before risotto is done, stir in shrimp, arugula, cheese and pepper.
- Sprinkle with parsley before serving.

Nutrition Facts



Properties

Glycemic Index:40.2, Glycemic Load:45.46, Inflammation Score:-7, Nutrition Score:17.197391092777%

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: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg

Nutrients (% of daily need)

Calories: 555.49kcal (27.77%), Fat: 7.04g (10.83%), Saturated Fat: 1.96g (12.23%), Carbohydrates: 101.35g (33.78%), Net Carbohydrates: 97.74g (35.54%), Sugar: 4.72g (5.24%), Cholesterol: 6.4mg (2.13%), Sodium: 588.22mg (25.57%), Alcohol: 2.06g (100%), Alcohol %: 0.87% (100%), Protein: 16.09g (32.19%), Selenium: 57.4µg (82%), Manganese: 1.35mg (67.34%), Vitamin K: 39.91µg (38.01%), Phosphorus: 256.2mg (25.62%), Copper: 0.37mg (18.28%), Magnesium: 63.3mg (15.83%), Fiber: 3.61g (14.44%), Vitamin A: 694.39IU (13.89%), Zinc: 1.97mg (13.16%), Vitamin B6: 0.26mg (12.99%), Vitamin B3: 2.37mg (11.85%), Vitamin C: 9.1mg (11.03%), Calcium: 106.9mg (10.69%), Potassium: 367.42mg (10.5%), Vitamin B1: 0.15mg (9.83%), Vitamin B2: 0.16mg (9.55%), Vitamin B5: 0.93mg (9.28%), Iron: 1.66mg (9.25%), Folate: 26.59µg (6.65%), Vitamin E: 0.51mg (3.37%), Vitamin B12: 0.11µg (1.79%)