



Champagne Shrimp Risotto

READY IN



50 min.

SERVINGS



6

CALORIES



557 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 cups rice white uncooked
- 2 cups watercress chopped
- 2 tablespoons butter
- 0.5 cup wine dry white
- 2 cups chicken broth warmed (from 32-oz carton)
- 1 cup bottled clam juice warmed
- 6 servings parsley fresh chopped
- 0.5 teaspoon pepper
- 1 medium onion thinly sliced

- 0.3 cup parmesan cheese grated
- 1 lb shells frozen thawed uncooked

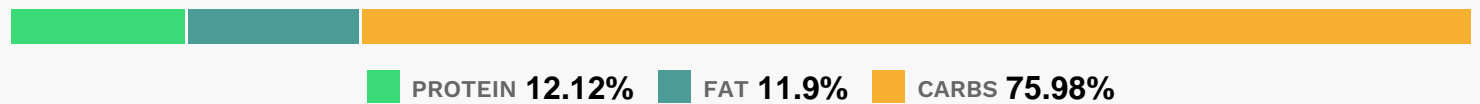
Equipment

- 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:45.49, Inflammation Score:-8, Nutrition Score:20.209999931895%

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: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 7.14mg, Quercetin: 7.14mg, Quercetin: 7.14mg, Quercetin: 7.14mg

Nutrients (% of daily need)

Calories: 556.69kcal (27.83%), Fat: 7.07g (10.88%), Saturated Fat: 1.96g (12.26%), Carbohydrates: 101.56g (33.85%), Net Carbohydrates: 97.84g (35.58%), Sugar: 4.75g (5.27%), Cholesterol: 6.4mg (2.13%), Sodium: 590.09mg (25.66%), Alcohol: 2.06g (100%), Alcohol %: 0.86% (100%), Protein: 16.19g (32.39%), Vitamin K: 94.58µg (90.07%), Selenium: 57.4µg (82%), Manganese: 1.35mg (67.61%), Phosphorus: 258.14mg (25.81%), Vitamin A: 975.19IU (19.5%), Copper: 0.37mg (18.52%), Vitamin C: 13.53mg (16.4%), Magnesium: 64.97mg (16.24%), Fiber: 3.72g (14.88%), Zinc: 2.01mg (13.4%), Vitamin B6: 0.26mg (13.14%), Vitamin B3: 2.41mg (12.07%), Calcium: 111.5mg (11.15%), Potassium: 385.89mg (11.03%), Iron: 1.87mg (10.4%), Vitamin B1: 0.15mg (10.02%), Vitamin B2: 0.17mg (9.74%), Vitamin B5: 0.94mg (9.42%), Folate: 31.65µg (7.91%), Vitamin E: 0.53mg (3.54%), Vitamin B12: 0.11µg (1.79%)