



Crab and Coconut Risotto with Mango

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



488 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup arborio rice
- ☐ 1 tablespoon brown sugar
- ☐ 2 tablespoons butter
- ☐ 2.5 cups chicken broth
- ☐ 4 servings coconut or flaked
- ☐ 1 teaspoon curry powder
- ☐ 1 tablespoon fish sauce
- ☐ 13.5 ounce coconut milk light divided canned

- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 pound lump crab meat
- ☐ 1 mangos ripe chopped
- ☐ 0.8 cup onion sweet chopped

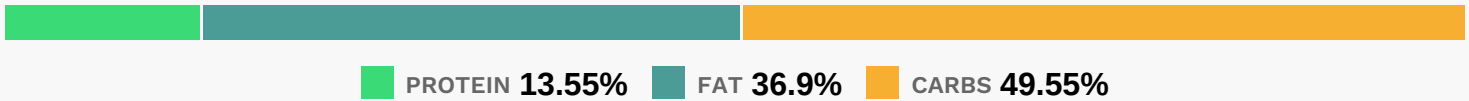
Equipment

- ☐ dutch oven

Directions

- ☐ Melt butter in a Dutch oven over medium-high heat.
- ☐ Add onion; saut 4 minutes or until tender.
- ☐ Add rice, and stir until well-coated and translucent, about 1 to 2 minutes. Stir in brown sugar and next 3 ingredients. Stir in half of coconut milk. Cook, stirring constantly, until liquid is absorbed. Repeat with remaining coconut milk. Stir in the hot broth, 1 cup at a time, stirring frequently, until each addition has been absorbed. (The entire process should take 20 to 25 minutes.)
- ☐ Stir in crabmeat and mango, and cook 3 minutes or until thoroughly heated.
- ☐ Sprinkle with flaked coconut.

Nutrition Facts



Properties

Glycemic Index:47.19, Glycemic Load:34.9, Inflammation Score:-8, Nutrition Score:22.583043430163%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

Nutrients (% of daily need)

Calories: 487.55kcal (24.38%), Fat: 19.7g (30.31%), Saturated Fat: 15.89g (99.32%), Carbohydrates: 59.52g (19.84%), Net Carbohydrates: 55.21g (20.08%), Sugar: 13.12g (14.57%), Cholesterol: 41.8mg (13.93%), Sodium: 1505.19mg (65.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.28g (32.56%), Vitamin B12: 5.17µg (86.1%), Manganese: 0.97mg (48.52%), Selenium: 31.69µg (45.27%), Folate: 174.18µg (43.55%), Copper: 0.81mg (40.62%), Vitamin C: 25.6mg (31.03%), Zinc: 4.35mg (29.02%), Vitamin B1: 0.37mg (24.91%), Phosphorus: 217.88mg (21.79%), Iron: 3.25mg (18.08%), Vitamin B3: 3.58mg (17.91%), Fiber: 4.31g (17.24%), Magnesium: 67.48mg (16.87%), Vitamin B6: 0.33mg (16.38%), Vitamin A: 759.06IU (15.18%), Potassium: 387.78mg (11.08%), Vitamin B5: 1.09mg (10.88%), Vitamin B2: 0.18mg (10.45%), Vitamin E: 0.86mg (5.7%), Calcium: 56.77mg (5.68%), Vitamin K: 3.31µg (3.15%)