



Crab Risotto

 **Gluten Free** Image not found or type unknown

READY IN

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ready

40 min.

SERVINGS

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servings

10

CALORIES

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calories

327 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound arborio rice
- ☐ 1 ounce butter
- ☐ 1.5 quarts chicken stock see
- ☐ 2 ounces chives chopped
- ☐ 6 ounces lump crab meat
- ☐ 4 ounces parmesan grated
- ☐ 2 ounces truffle oil white
- ☐ 1 ounce vegetable oil

☐ 1.5 ounces onion white chopped

Equipment

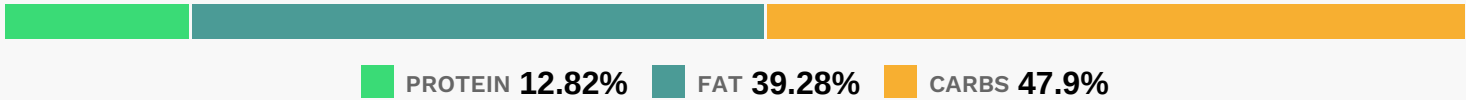
☐ frying pan

☐ ladle

Directions

- ☐ Heat the butter and oil together in a large saute pan over medium heat.
- ☐ Add the onion and saute until soft. Do not brown, they should be translucent.
- ☐ Add the rice and saute for a further 3 to 5 minutes making sure the rice is well coated, Using a ladle, add about 1/2 cup of stock to the rice and stir over a medium heat until the rice is almost dry and all the stock has been incorporated. Repeat this process until the rice is cooked but still has a slight bite. The rice should be creamy and moist, not runny, and the cooking time should be around 30 minutes.
- ☐ Just before serving, fold in the crabmeat, chopped chives, and Parmesan.
- ☐ Drizzle sparingly with white truffle oil.

Nutrition Facts



Properties

Glycemic Index:27.6, Glycemic Load:29.45, Inflammation Score:-7, Nutrition Score:12.429130497186%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 327.14kcal (16.36%), Fat: 14.12g (21.72%), Saturated Fat: 4.62g (28.89%), Carbohydrates: 38.73g (12.91%), Net Carbohydrates: 37.25g (13.54%), Sugar: 1.58g (1.76%), Cholesterol: 20.95mg (6.98%), Sodium: 910.81mg (39.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.37g (20.74%), Folate: 119.9µg (29.98%), Vitamin B12: 1.67µg (27.86%), Manganese: 0.51mg (25.26%), Selenium: 15.69µg (22.42%), Vitamin K: 21.11µg (20.11%), Vitamin B1:

0.27mg (18.3%), Phosphorus: 164.24mg (16.42%), Calcium: 150.38mg (15.04%), Vitamin A: 712.75IU (14.25%),
Copper: 0.27mg (13.31%), Iron: 2.24mg (12.47%), Zinc: 1.86mg (12.43%), Vitamin B3: 2.13mg (10.63%), Vitamin E:
1.15mg (7.68%), Vitamin B5: 0.72mg (7.21%), Magnesium: 26.62mg (6.66%), Vitamin B6: 0.13mg (6.32%), Fiber: 1.48g
(5.94%), Vitamin C: 4.8mg (5.82%), Vitamin B2: 0.08mg (4.43%), Potassium: 103.33mg (2.95%)