



Crab Risotto



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



467 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup arborio uncooked
- ☐ 0.5 teaspoon basil dried
- ☐ 3 tablespoons cooking wine dry white
- ☐ 3 tablespoons parsley fresh minced
- ☐ 2 cups low-salt chicken broth
- ☐ 8 ounces lump crab meat drained
- ☐ 1 teaspoon olive oil
- ☐ 3 tablespoons onion finely chopped

- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.8 cup water

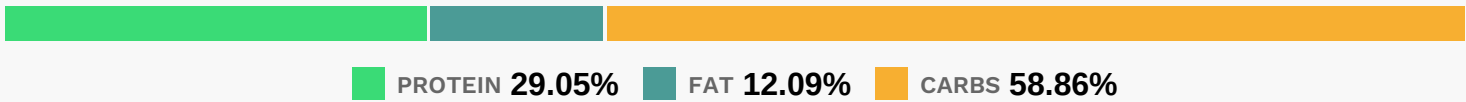
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine broth and water in a sauce- pan (do not boil). Keep warm over low heat.
- ☐ Heat oil in a medium saucepan over medium-high heat.
- ☐ Add onion; saut 2 minutes.
- ☐ Add rice; reduce heat to medium and cook 3 minutes, stirring constantly. Stir in wine; cook until the liquid is nearly absorbed, stirring constantly.
- ☐ Add broth mixture, 1/2 cup at a time, stirring constantly; cook until each portion of broth is absorbed before adding the next (about 20 minutes). Stir in crabmeat, parsley, and basil; cook 2 minutes or until thoroughly heated, stirring constantly. Spoon onto plates; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:78, Glycemic Load:47.41, Inflammation Score:-8, Nutrition Score:34.195652160308%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

Nutrients (% of daily need)

Calories: 467.44kcal (23.37%), Fat: 5.96g (9.17%), Saturated Fat: 1.7g (10.63%), Carbohydrates: 65.3g (21.77%), Net Carbohydrates: 62.65g (22.78%), Sugar: 1.22g (1.35%), Cholesterol: 51.98mg (17.33%), Sodium: 1116.81mg (48.56%), Alcohol: 2.32g (100%), Alcohol %: 0.52% (100%), Protein: 32.23g (64.46%), Vitamin B12: 10.51µg (175.16%), Vitamin K: 104.13µg (99.17%), Selenium: 54.46µg (77.8%), Copper: 1.36mg (68.03%), Folate: 236.42µg (59.1%), Zinc: 8.17mg (54.45%), Manganese: 0.9mg (45.07%), Phosphorus: 434.66mg (43.47%), Vitamin B3: 7.7mg (38.51%), Vitamin B1: 0.49mg (32.48%), Iron: 5.06mg (28.11%), Magnesium: 86.34mg (21.58%), Vitamin C: 17.03mg (20.64%), Vitamin B6: 0.36mg (18.2%), Potassium: 578.2mg (16.52%), Vitamin B5: 1.43mg (14.33%), Calcium: 130.09mg (13.01%), Vitamin A: 578.07IU (11.56%), Vitamin B2: 0.19mg (11.12%), Fiber: 2.65g (10.59%), Vitamin E: 0.39mg (2.59%)