

Crawfish Risotto

 Gluten Free

READY IN



37 min.

SERVINGS



4

CALORIES



349 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounce arborio rice with saffron such as alessi
- ☐ 1 pound crawfish tails frozen thawed deveined rinsed peeled drained
- ☐ 0.3 cup cooking wine dry white
- ☐ 14.5 ounce chicken broth fat-free reduced-sodium canned
- ☐ 1 small fennel bulb thinly sliced
- ☐ 2 tablespoons butter light
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 1 cup peas green frozen thawed

☐ 0.5 cup water

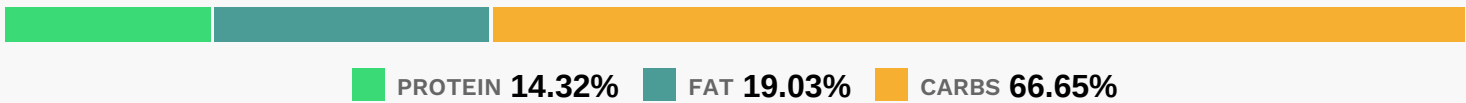
Equipment

☐ sauce pan

Directions

- ☐ Melt butter in a medium saucepan over medium-high heat.
- ☐ Add fennel; cook, stirring constantly, 2 minutes.
- ☐ Add rice; cook, uncovered, 2 minutes, stirring occasionally.
- ☐ Add chicken broth, water, and wine; bring to a boil. Cover, reduce heat, and simmer 10 minutes, stirring occasionally.
- ☐ Add crawfish; simmer, covered, 15 additional minutes or until liquid is absorbed and rice is tender, stirring occasionally. Stir in peas and cheese; let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:46.58, Glycemic Load:38.06, Inflammation Score:-7, Nutrition Score:18.698260877443%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 348.74kcal (17.44%), Fat: 7.1g (10.92%), Saturated Fat: 3.88g (24.26%), Carbohydrates: 55.94g (18.65%), Net Carbohydrates: 50.47g (18.35%), Sugar: 4.66g (5.18%), Cholesterol: 33.31mg (11.1%), Sodium: 616.9mg (26.82%), Alcohol: 1.54g (100%), Alcohol %: 0.6% (100%), Protein: 12.02g (24.05%), Manganese: 0.91mg (45.69%), Vitamin K: 46.27µg (44.06%), Folate: 173.58µg (43.39%), Vitamin B1: 0.44mg (29.33%), Selenium: 19.54µg (27.91%), Vitamin C: 21.59mg (26.17%), Phosphorus: 224.28mg (22.43%), Fiber: 5.47g (21.87%), Vitamin B3: 4.29mg (21.44%), Iron: 3.81mg (21.15%), Copper: 0.33mg (16.43%), Potassium: 467.9mg (13.37%), Calcium: 129.74mg (12.97%), Vitamin B12: 0.75µg

(12.48%), Zinc: 1.81mg (12.08%), Vitamin B6: 0.23mg (11.66%), Magnesium: 45.53mg (11.38%), Vitamin B5: 1.13mg (11.3%), Vitamin A: 553.45IU (11.07%), Vitamin B2: 0.16mg (9.54%), Vitamin E: 0.54mg (3.6%)