



## Creamy Scallop and Mushroom Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



346 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1.5 cups arborio rice
- 6 servings pepper black freshly ground
- 2 tablespoons butter
- 2.5 cups chicken broth
- 8 ounce bottled clam juice
- 3 ounces cream cheese cut into chunks
- 4 ounces portabello mushrooms chopped
- 0.3 teaspoon saffron threads

- 6 servings salt
- 1 pound sea scallops cut into pieces
- 1 shallots minced

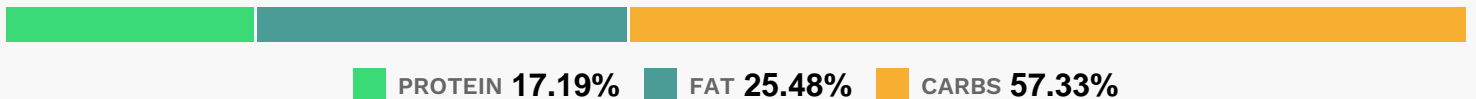
## Equipment

- frying pan
- sauce pan
- dutch oven

## Directions

- Saut scallops in butter over medium-high heat in a saucepan or Dutch oven 3 to 5 minutes or until cooked through.
- Remove scallops from pan, and set aside.
- Place shallots and mushrooms into pan; cook, stirring constantly, 3 to 5 minutes or until tender.
- Add rice, and stir until well-coated and translucent, about 1 to 2 minutes. Stir in saffron threads and clam juice; reduce heat to maintain a simmer. Cook uncovered, stirring constantly. When liquid is nearly absorbed, 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 cream cheese, and cook just until cheese has blended. Stir in scallops, and simmer until heated through. Season with salt and pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:48.5, Glycemic Load:31.7, Inflammation Score:-6, Nutrition Score:13.172608650249%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

## Nutrients (% of daily need)

Calories: 345.68kcal (17.28%), Fat: 9.65g (14.84%), Saturated Fat: 5.45g (34.09%), Carbohydrates: 48.83g (16.28%), Net Carbohydrates: 46.88g (17.05%), Sugar: 3.01g (3.34%), Cholesterol: 44.45mg (14.82%), Sodium: 1067.48mg (46.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.65g (29.29%), Phosphorus: 347.44mg (34.74%), Folate: 138.76µg (34.69%), Selenium: 22.61µg (32.29%), Manganese: 0.63mg (31.48%), Vitamin B1: 0.33mg (22.24%), Vitamin B12: 1.15µg (19.09%), Vitamin B3: 3.76mg (18.82%), Iron: 2.66mg (14.8%), Vitamin B5: 1.16mg (11.61%), Vitamin B6: 0.21mg (10.73%), Copper: 0.21mg (10.49%), Zinc: 1.53mg (10.2%), Potassium: 348.23mg (9.95%), Vitamin B2: 0.16mg (9.26%), Magnesium: 33.43mg (8.36%), Fiber: 1.96g (7.82%), Vitamin A: 368.27IU (7.37%), Calcium: 30.52mg (3.05%), Vitamin C: 2.23mg (2.7%), Vitamin E: 0.32mg (2.12%)