



Dungeness Crab Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



536 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups arborio medium-grain white
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.8 pound crabs shelled cooked
- ☐ 1.8 cups fat-skimmed chicken broth
- ☐ 1 tablespoon sage leaves fresh minced
- ☐ 2 cloves garlic minced
- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup onions finely chopped

- ☐ 0.5 cup parmesan cheese shredded finely
- ☐ 4 servings salt

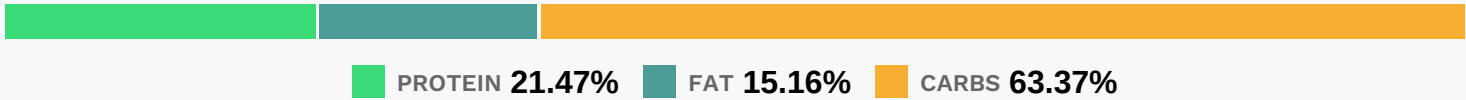
Equipment

- ☐ frying pan
- ☐ pressure cooker

Directions

- ☐ In a 6-quart pressure cooker over high heat, frequently stir butter, onions, and garlic until onions are limp, about 3 minutes.
- ☐ Add rice and stir often until it is opaque, about 3 minutes longer.
- ☐ Add broth, wine, and 2 cups water. Stir occasionally until mixture boils, about 4 minutes.
- ☐ Seal cooker. Following manufacturer's instructions, bring to maximum pressure (15 lb.); adjust heat to stabilize cooking rate. Cook 6 minutes. Release pressure quickly, running cold water over pan.
- ☐ Open pan. Stir in crab, parmesan cheese, and sage.
- ☐ Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:40.05, Glycemic Load:45.5, Inflammation Score:-6, Nutrition Score:26.060000301703%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg

Nutrients (% of daily need)

Calories: 535.7kcal (26.78%), Fat: 8.45g (12.99%), Saturated Fat: 2.87g (17.93%), Carbohydrates: 79.46g (26.49%), Net Carbohydrates: 77.61g (28.22%), Sugar: 1.93g (2.15%), Cholesterol: 58.68mg (19.56%), Sodium: 1058.85mg (46.04%), Alcohol: 3.09g (100%), Alcohol %: 1.09% (100%), Protein: 26.92g (53.83%), Copper: 5.36mg (268.2%), Vitamin B12: 8µg (133.38%), Selenium: 50.91µg (72.73%), Manganese: 1.34mg (66.83%), Phosphorus: 375.79mg (37.58%), Zinc: 5.14mg (34.24%), Vitamin B3: 4.82mg (24.08%), Calcium: 239.3mg (23.93%), Magnesium: 76.82mg (19.21%), Vitamin B6: 0.37mg (18.71%), Vitamin B2: 0.27mg (15.64%), Potassium: 526.33mg (15.04%), Vitamin B5: 1.47mg (14.71%), Folate: 52.73µg (13.18%), Vitamin B1: 0.14mg (9.29%), Iron: 1.65mg (9.19%), Fiber: 1.85g (7.41%), Vitamin C: 5.66mg (6.87%), Vitamin E: 0.64mg (4.27%), Vitamin A: 174.9IU (3.5%), Vitamin K: 2.68µg (2.55%)