



Fresh Pea Risotto with Spicy Grilled Shrimp



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



408 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup arborio rice (or other medium or short grained rice)
- ☐ 1 tablespoon butter
- ☐ 2 cups chicken broth (or vegetable broth)
- ☐ 1 cup peas fresh
- ☐ 1 clove garlic chopped ()
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon lemon zest
- ☐ 1 tablespoon mint leaves chopped ()

- ☐ 1 tablespoon oil
- ☐ 1 onion diced ()
- ☐ 0.5 cup parmigiano reggiano grated ()
- ☐ 4 servings salt & pepper to taste
- ☐ 0.5 pound shrimp deveined peeled (and)
- ☐ 0.5 tablespoon creole spice blend
- ☐ 0.5 cup white wine

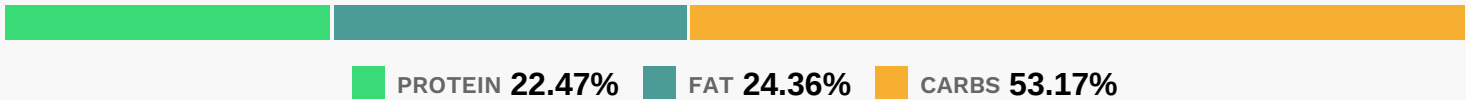
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Mix the oil and creole spice blend and marinate the shrimp in it.
- ☐ Melt the butter in large sauce pan.
- ☐ Add the onion and saute until tender, about 5 minutes.
- ☐ Add the garlic and saute until fragrant, about 1 minute.
- ☐ Add the rice and stir to coat with the butter.
- ☐ Add the wine, deglaze the pan and stir while simmering until it is gone.
- ☐ Add 1/2 cup of the stock at a time and stir while simmering until it is gone. Continue until the rice is cooked al dente.
- ☐ Mix in the peas, parmigiano reggiano and butter and stir until the cheese and butter has melted.
- ☐ Remove from heat and mix in the lemon and mint and serve. 1
- ☐ Grill the shrimp until cooked, about 2-3 minutes per side.

Nutrition Facts



Properties

Glycemic Index:88.08, Glycemic Load:34.3, Inflammation Score:-8, Nutrition Score:16.431739119084%

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 Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 408.11kcal (20.41%), Fat: 10.42g (16.04%), Saturated Fat: 4.3g (26.86%), Carbohydrates: 51.18g (17.06%), Net Carbohydrates: 46.9g (17.05%), Sugar: 4.8g (5.33%), Cholesterol: 107.31mg (35.77%), Sodium: 959.7mg (41.73%), Alcohol: 3.09g (100%), Alcohol %: 1.14% (100%), Protein: 21.62g (43.25%), Manganese: 0.8mg (39.98%), Folate: 148.49µg (37.12%), Phosphorus: 313.2mg (31.32%), Vitamin B1: 0.4mg (26.93%), Vitamin C: 19.74mg (23.93%), Calcium: 211.05mg (21.1%), Copper: 0.42mg (20.82%), Vitamin A: 1026.93IU (20.54%), Iron: 3.32mg (18.44%), Fiber: 4.28g (17.14%), Selenium: 11.39µg (16.27%), Vitamin B3: 3mg (15%), Zinc: 2.23mg (14.87%), Magnesium: 57.07mg (14.27%), Vitamin K: 12.69µg (12.08%), Vitamin B6: 0.24mg (11.75%), Potassium: 377.34mg (10.78%), Vitamin B2: 0.14mg (8.08%), Vitamin B5: 0.8mg (8.04%), Vitamin E: 0.97mg (6.45%), Vitamin B12: 0.16µg (2.6%)