



Greek Shrimp and Asparagus Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



426 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup arborio rice medium-grain
- ☐ 1.8 cups asparagus () (8 ounces)
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 4 servings fennel salad
- ☐ 2 ounces feta cheese crumbled
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 3 cups lower-sodium chicken broth fat-free
- ☐ 2 teaspoons olive oil
- ☐ 0.1 teaspoon salt
- ☐ 1 pound shrimp deveined peeled cut into 1-inch pieces
- ☐ 2.8 cups vidalia sweet chopped (2 medium)
- ☐ 1 cup water

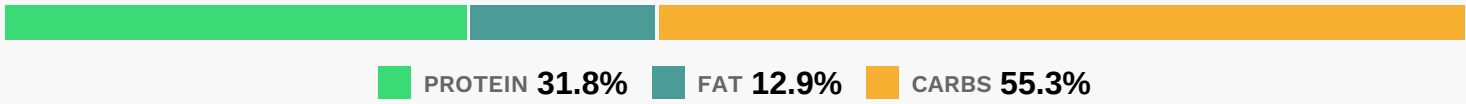
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring broth and 1 cup water to a simmer in a medium saucepan (do not boil). Keep warm over low heat.
- ☐ Heat oil in a large saucepan over medium-high heat.
- ☐ Add onion to pan; saut 5 minutes or until tender. Stir in rice and garlic; saut 1 minute.
- ☐ Add broth mixture, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 30 minutes total).
- ☐ Stir in asparagus and shrimp; cook 5 minutes or until shrimp are done, stirring constantly.
- ☐ Remove from heat; stir in cheese and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:65.75, Glycemic Load:37.68, Inflammation Score:-8, Nutrition Score:20.727391185968%

Flavonoids

Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg,

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.39mg, Isorhamnetin: 3.39mg, Isorhamnetin: 3.39mg, Isorhamnetin: 3.39mg Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg Quercetin: 24.28mg, Quercetin: 24.28mg, Quercetin: 24.28mg, Quercetin: 24.28mg

Nutrients (% of daily need)

Calories: 425.95kcal (21.3%), Fat: 6.12g (9.42%), Saturated Fat: 2.39g (14.93%), Carbohydrates: 59.08g (19.69%), Net Carbohydrates: 55.1g (20.04%), Sugar: 6.87g (7.63%), Cholesterol: 195.19mg (65.06%), Sodium: 713.69mg (31.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.97g (67.94%), Folate: 198.93µg (49.73%), Manganese: 0.87mg (43.41%), Phosphorus: 410.38mg (41.04%), Copper: 0.76mg (38.07%), Vitamin B1: 0.49mg (32.66%), Potassium: 981.92mg (28.05%), Iron: 4.79mg (26.6%), Vitamin K: 26.93µg (25.65%), Zinc: 3.07mg (20.46%), Vitamin B6: 0.38mg (19.02%), Magnesium: 75.84mg (18.96%), Selenium: 13.19µg (18.84%), Calcium: 186.28mg (18.63%), Vitamin B3: 3.32mg (16.59%), Fiber: 3.98g (15.92%), Vitamin B2: 0.26mg (15.07%), Vitamin C: 12.14mg (14.71%), Vitamin B5: 1.19mg (11.89%), Vitamin A: 514.11IU (10.28%), Vitamin E: 1.02mg (6.78%), Vitamin B12: 0.24µg (3.99%)