



Greek Shrimp and Asparagus Risotto

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



388 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup arborio rice
- ☐ 1.8 cups asparagus () (8 ounces)
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 3 cups less-sodium chicken broth fat-free
- ☐ 2 ounces feta cheese crumbled
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon salt
- ☐ 1 pound shrimp deveined peeled cut into 1-inch pieces
- ☐ 2.8 cups vidalia sweet chopped (2 medium)
- ☐ 1 cup water

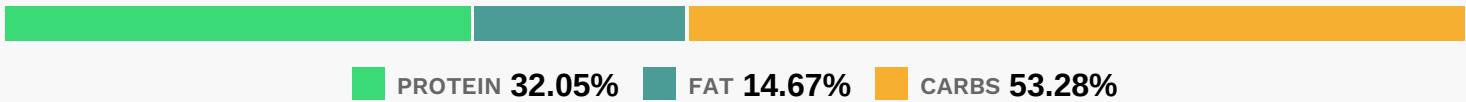
Equipment

- ☐ bowl
- ☐ 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.
- ☐ Combine 2 tablespoons fresh lemon juice, 1 tablespoon olive oil, 1/4 teaspoon salt, 1/4 teaspoon crushed fennel seeds, and 1/8 teaspoon freshly ground black pepper in a large bowl.
- ☐ Add 6 cups torn romaine lettuce and 1 cup thinly sliced fennel bulb; toss well to coat.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:31.93, Inflammation Score:-8, Nutrition Score:20.428695714992%

Flavonoids

Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg 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, Myricetin: 1.28mg Quercetin: 24.28mg, Quercetin: 24.28mg, Quercetin: 24.28mg, Quercetin: 24.28mg

Nutrients (% of daily need)

Calories: 388.45kcal (19.42%), Fat: 6.36g (9.79%), Saturated Fat: 2.37g (14.84%), Carbohydrates: 52g (17.33%), Net Carbohydrates: 48.31g (17.57%), Sugar: 7.08g (7.87%), Cholesterol: 195.19mg (65.06%), Sodium: 1152.07mg (50.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.28g (62.55%), Folate: 179.23µg (44.81%), Phosphorus: 419.91mg (41.99%), Manganese: 0.79mg (39.52%), Copper: 0.77mg (38.7%), Vitamin B1: 0.45mg (30.01%), Iron: 4.63mg (25.74%), Vitamin K: 26.31µg (25.05%), Selenium: 15.54µg (22.21%), Zinc: 3mg (20%), Vitamin B3: 3.89mg (19.43%), Vitamin B6: 0.39mg (19.41%), Calcium: 192.37mg (19.24%), Potassium: 661.92mg (18.91%), Magnesium: 75.27mg (18.82%), Vitamin B2: 0.29mg (16.9%), Fiber: 3.69g (14.77%), Vitamin C: 12.02mg (14.57%), Vitamin B5: 1.27mg (12.73%), Vitamin A: 512.77IU (10.26%), Vitamin B12: 0.58µg (9.67%), Vitamin E: 1.01mg (6.74%)