



## Grilled Corn and Bay Shrimp Risotto

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



473 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 teaspoon pepper black freshly ground
- 2 tablespoons butter
- 1 cup chardonnay dry white
- 3 medium ears corn fresh husked
- 2 tablespoons tarragon fresh chopped
- 2 tablespoons juice of lemon fresh
- 1 tablespoon lemon zest shredded
- 2 qts chicken broth reduced-sodium

- 3 tablespoons olive oil divided
- 6 servings salt
- 0.5 cup shallots chopped
- 0.8 pound bay shrimp rinsed cooked drained
- 1.5 cups carnaroli

## Equipment

- bowl
- sauce pan
- knife
- grill

## Directions

- Prepare a grill for direct high heat (450 to 550; you can hold your hand 5 in. above cooking grate only 2 to 4 seconds). Rub corn with 1 tbsp. oil.
- Lay ears on cooking grate (close lid if using gas). Grill corn, turning occasionally, until lightly browned all over, 8 to 10 minutes total.
- Remove and let cool. Holding ears upright in a deep bowl, cut kernels from cobs with a large knife.
- Meanwhile, in a saucepan, bring broth to a simmer.
- Pour remaining 2 tbsp. oil into another, large saucepan over medium-high heat.
- Add shallots and cook, stirring often, just until softened, 2 to 3 minutes.
- Add rice and cook, stirring often, until grains are slightly translucent at edges, about 3 minutes longer.
- Add wine and cook, stirring often, until almost absorbed.
- Add broth one ladleful at a time, cooking and stirring until almost absorbed, before adding another. Continue cooking and adding broth until rice is barely tender and mixture is creamy, about 25 minutes. (You may not need all the broth.)
- Stir in corn, shrimp, butter, tarragon, lemon zest, lemon juice, pepper, and salt to taste and cook, stirring often, until heated through, about 3 minutes.

Add more broth if risotto gets too dry.

Spoon risotto into wide, shallow bowls.

## Nutrition Facts

**PROTEIN 20.73%** **FAT 27.71%** **CARBS 51.56%**

### Properties

Glycemic Index:46.5, Glycemic Load:33.01, Inflammation Score:-7, Nutrition Score:17.334347828575%

### Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

### Nutrients (% of daily need)

Calories: 473.15kcal (23.66%), Fat: 14.13g (21.74%), Saturated Fat: 4.28g (26.73%), Carbohydrates: 59.14g (19.71%), Net Carbohydrates: 55.71g (20.26%), Sugar: 5.71g (6.35%), Cholesterol: 101.32mg (33.77%), Sodium: 400.18mg (17.4%), Alcohol: 4.12g (100%), Alcohol %: 0.94% (100%), Protein: 23.78g (47.56%), Manganese: 0.95mg (47.71%), Folate: 151.74µg (37.94%), Vitamin B3: 7.59mg (37.93%), Phosphorus: 337.36mg (33.74%), Copper: 0.56mg (27.81%), Vitamin B1: 0.38mg (25.58%), Iron: 4.52mg (25.12%), Potassium: 773.8mg (22.11%), Magnesium: 70.72mg (17.68%), Vitamin B6: 0.31mg (15.69%), Zinc: 2.09mg (13.94%), Fiber: 3.43g (13.72%), Selenium: 8.31µg (11.87%), Vitamin C: 9.44mg (11.44%), Vitamin B2: 0.19mg (11.27%), Vitamin B5: 1.1mg (11.04%), Calcium: 93.32mg (9.33%), Vitamin E: 1.17mg (7.82%), Vitamin A: 313.4IU (6.27%), Vitamin B12: 0.32µg (5.39%), Vitamin K: 5.56µg (5.29%)