



Italian Risotto with Shrimp

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



414 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.3 cups arborio rice
- ☐ 3 ounces asiago cheese grated
- ☐ 1 cup whole-kernel corn frozen
- ☐ 0.5 cup cooking wine dry white
- ☐ 3.5 cups less-sodium chicken broth fat-free
- ☐ 1 tablespoon basil fresh chopped
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion chopped

- ☐ 1 tablespoon oregano fresh chopped
- ☐ 0.3 cup bottled roasted bell peppers red chopped
- ☐ 1 pound shrimp deveined peeled

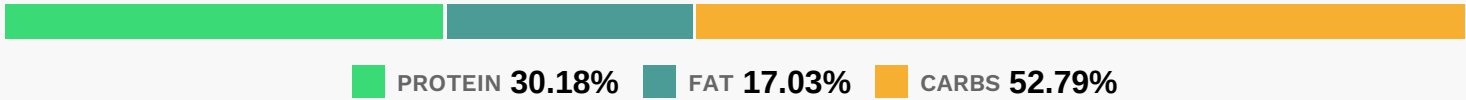
Equipment

- ☐ oven
- ☐ microwave

Directions

- ☐ Combine broth and wine in a 1-quart glass measure. Microwave at HIGH for 5 minutes or until mixture boils.
- ☐ Remove from oven; keep warm.
- ☐ Combine onion and oil in a 2-quart casserole. Microwave at HIGH 4 minutes. Stir in broth mixture and rice. Microwave at HIGH for 15 minutes or until the liquid is almost absorbed, stirring every 5 minutes.
- ☐ Stir in the shrimp, corn, bell peppers, basil, and oregano. Microwave at HIGH for 4 minutes or until shrimp are done, stirring mixture every 2 minutes. Stir in cheese.

Nutrition Facts



Properties

Glycemic Index:45.2, Glycemic Load:34.31, Inflammation Score:-9, Nutrition Score:16.824347705945%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg

Nutrients (% of daily need)

Calories: 414.1kcal (20.71%), Fat: 7.51g (11.55%), Saturated Fat: 3.29g (20.58%), Carbohydrates: 52.35g (17.45%), Net Carbohydrates: 49.11g (17.86%), Sugar: 3.46g (3.84%), Cholesterol: 157.62mg (52.54%), Sodium: 1228.68mg (53.42%), Alcohol: 2.47g (100%), Alcohol %: 0.74% (100%), Protein: 29.94g (59.87%), Phosphorus: 412.59mg (41.26%), Manganese: 0.78mg (39%), Folate: 148.57µg (37.14%), Calcium: 298.44mg (29.84%), Copper: 0.55mg (27.33%), Vitamin B1: 0.35mg (23.43%), Selenium: 15.83µg (22.62%), Iron: 3.77mg (20.97%), Vitamin B3: 3.62mg (18.09%), Zinc: 2.54mg (16.91%), Magnesium: 66.94mg (16.73%), Potassium: 477.83mg (13.65%), Fiber: 3.24g (12.95%), Vitamin B5: 1.13mg (11.34%), Vitamin B6: 0.22mg (10.96%), Vitamin B2: 0.17mg (9.72%), Vitamin K: 9.35µg (8.91%), Vitamin C: 7.33mg (8.88%), Vitamin B12: 0.52µg (8.7%), Vitamin A: 234.89IU (4.7%), Vitamin E: 0.49mg (3.26%)