



Kung Pao Shrimp Risotto



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



296 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup slivered and/or bell pepper green red chopped
- ☐ 4 chilies dried hot (3 in.)
- ☐ 1 cup cooking sherry dry
- ☐ 3.5 cups fat-skimmed chicken broth
- ☐ 1 tablespoon ginger fresh minced
- ☐ 0.5 cup bell pepper diced red
- ☐ 1 cup pearl rice white
- ☐ 2 tablespoons roasted peanuts salted chopped

- ☐ 1 teaspoon salad oil
- ☐ 1 teaspoon asian sesame oil toasted ()
- ☐ 4 servings soya sauce

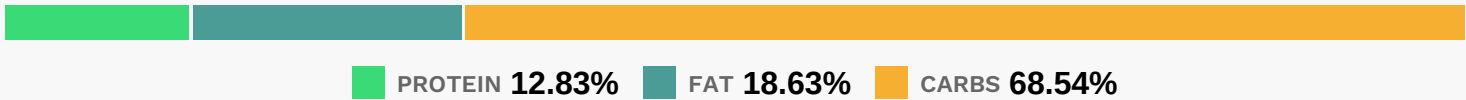
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ In a 10- to 12-inch nonstick frying pan over high heat, stir the shrimp until pink, about 2 minutes.
- ☐ Remove from pan.
- ☐ Add diced red bell pepper, ginger, chilies, and salad oil to pan. Stir until vegetables are limp, about 3 minutes.
- ☐ Add rice to pan and stir until opaque, 1 to 2 minutes.
- ☐ Add sherry and broth. Bring to a boil and cook, stirring often, until rice is tender to bite, about 15 minutes.
- ☐ Add shrimp and stir just until hot, 1 to 2 minutes. Stir in sesame oil.
- ☐ Ladle risotto into wide bowls or mound on plates.
- ☐ Sprinkle portions with chopped bell pepper and peanuts.
- ☐ Add soy sauce to taste.

Nutrition Facts



Properties

Glycemic Index:42.55, Glycemic Load:23.13, Inflammation Score:-8, Nutrition Score:12.938260824784%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 296.09kcal (14.8%), Fat: 5.27g (8.1%), Saturated Fat: 0.71g (4.43%), Carbohydrates: 43.6g (14.53%), Net Carbohydrates: 41.45g (15.07%), Sugar: 3.04g (3.37%), Cholesterol: 0mg (0%), Sodium: 1846.99mg (80.3%), Alcohol: 6.18g (100%), Alcohol %: 2.12% (100%), Protein: 8.16g (16.32%), Vitamin C: 47.92mg (58.09%), Manganese: 0.85mg (42.63%), Vitamin A: 1298.74IU (25.97%), Vitamin B3: 3.79mg (18.96%), Selenium: 12µg (17.14%), Vitamin B6: 0.3mg (14.89%), Phosphorus: 139.66mg (13.97%), Copper: 0.21mg (10.53%), Magnesium: 40.81mg (10.2%), Vitamin B5: 1mg (9.98%), Potassium: 327.55mg (9.36%), Iron: 1.55mg (8.63%), Fiber: 2.15g (8.6%), Vitamin B2: 0.14mg (8.43%), Folate: 33.41µg (8.35%), Vitamin B12: 0.4µg (6.62%), Vitamin B1: 0.1mg (6.45%), Zinc: 0.9mg (5.98%), Vitamin E: 0.85mg (5.66%), Calcium: 38.01mg (3.8%), Vitamin K: 3.5µg (3.34%)