



Lemon-Mint Bulgur Risotto with Garlic Shrimp

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



301 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup bulgur uncooked
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 0.8 cup green onions finely chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon rind grated
- ☐ 2 tablespoons olive oil divided

- ☐ 1 teaspoon salt divided
- ☐ 1 pound shrimp deveined peeled
- ☐ 4 cups torn spinach
- ☐ 3 cups water

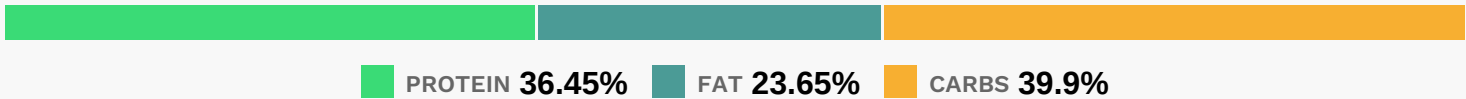
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine water and 3/4 teaspoon salt in a medium saucepan; bring to a simmer (do not boil). Keep warm over low heat.
- ☐ Heat 1 tablespoon oil in a medium saut pan over medium heat.
- ☐ Add green onions; cook 1 minute, stirring constantly.
- ☐ Add bulgur; cook 2 minutes, stirring constantly.
- ☐ Add warm salted water, 1/2 cup at a time, stirring frequently until each portion of warm salted water is absorbed before adding the next (about 20 minutes total).
- ☐ Remove from heat.
- ☐ Add spinach, mint, rind, and juice; stir until spinach wilts. Keep warm.
- ☐ Heat 1 tablespoon oil in a medium nonstick skillet over medium-high heat.
- ☐ Add garlic; saut 30 seconds.
- ☐ Add 1/4 teaspoon salt, pepper, and shrimp; saut for 2 minutes or until shrimp are done. Divide risotto evenly among 4 small bowls or plates, and arrange shrimp evenly over risotto.
- ☐ Garnish with lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:10.19, Inflammation Score:-10, Nutrition Score:23.71695653252%

Flavonoids

Eriodictyol: 1.53mg, Eriodictyol: 1.53mg, Eriodictyol: 1.53mg, Eriodictyol: 1.53mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 2.18mg, Kaempferol: 2.18mg, Kaempferol: 2.18mg, Kaempferol: 2.18mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 300.63kcal (15.03%), Fat: 8.27g (12.73%), Saturated Fat: 1.2g (7.52%), Carbohydrates: 31.41g (10.47%), Net Carbohydrates: 23.28g (8.47%), Sugar: 0.99g (1.1%), Cholesterol: 182.57mg (60.86%), Sodium: 759.84mg (33.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.69g (57.38%), Vitamin K: 188.85µg (179.85%), Manganese: 1.52mg (75.8%), Vitamin A: 3164.64IU (63.29%), Phosphorus: 377.61mg (37.76%), Copper: 0.67mg (33.48%), Magnesium: 130.97mg (32.74%), Fiber: 8.13g (32.51%), Vitamin C: 18.92mg (22.93%), Folate: 85.73µg (21.43%), Potassium: 707.36mg (20.21%), Zinc: 2.53mg (16.88%), Iron: 2.86mg (15.87%), Calcium: 151.33mg (15.13%), Vitamin B6: 0.24mg (11.9%), Vitamin E: 1.76mg (11.73%), Vitamin B3: 2.2mg (11.02%), Vitamin B1: 0.13mg (8.45%), Vitamin B2: 0.13mg (7.52%), Vitamin B5: 0.45mg (4.46%), Selenium: 1.67µg (2.38%)