



## Lemon Risotto with Margherita® Prosciutto and Shrimp

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



1188 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 16 ounces arborio rice
- 4 servings arugula fresh for garnish
- 6 tablespoons butter
- 1 quart chicken stock see hot
- 1 cup cooking wine dry white such as pinot grigio
- 2 cloves garlic chopped
- 1 lemon zest juiced

- 2 tablespoons olive oil
- 1 tablespoon parsley chopped
- 8 ounces pancetta julienned sliced margherita®
- 1 pound shrimp raw deveined peeled (26 to 30 count)
- 4 ounces romano cheese freshly grated
- 3 tablespoons shallots red chopped

## Equipment

- bowl
- frying pan
- ladle
- pot

## Directions

- Heat chicken stock in separate pan.
- In large 4 quart pot, heat olive oil on medium heat.
- Saute shallots and prosciutto for 3 minutes.
- Add garlic; saute for 2 minutes.
- Turn up heat to Medium-High.
- Add rice and lemon zest, cook 2 to 3 minutes, stirring constantly.
- Add lemon juice and wine until reduced.
- Add one 8-oz. ladle chicken stock to rice until absorbed. Keep the rice at just a simmer; continue process for 10 to 15 minutes.
- Add shrimp before last ladle of stock.
- Add butter and Romano cheese, stir in well.
- Place in serving bowl and top with fresh arugula and parsley.

## Nutrition Facts



■ PROTEIN 16.17% ■ FAT 46.89% ■ CARBS 36.94%

## Properties

Glycemic Index:73.75, Glycemic Load:71.88, Inflammation Score:-9, Nutrition Score:37.159130718397%

## 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 Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

## Nutrients (% of daily need)

Calories: 1188.25kcal (59.41%), Fat: 58.84g (90.52%), Saturated Fat: 25.21g (157.59%), Carbohydrates: 104.33g (34.78%), Net Carbohydrates: 100.64g (36.6%), Sugar: 5.14g (5.71%), Cholesterol: 262.03mg (87.34%), Sodium: 1838.91mg (79.95%), Alcohol: 6.18g (100%), Alcohol %: 1.19% (100%), Protein: 45.65g (91.29%), Selenium: 71.96µg (102.8%), Folate: 311.42µg (77.86%), Phosphorus: 771.67mg (77.17%), Manganese: 1.36mg (67.97%), Vitamin B3: 12.86mg (64.32%), Vitamin B1: 0.93mg (61.99%), Calcium: 410.55mg (41.05%), Vitamin B6: 0.76mg (38.24%), Iron: 6.45mg (35.83%), Vitamin K: 34.72µg (33.06%), Vitamin B12: 1.9µg (31.59%), Copper: 0.62mg (31.24%), Zinc: 4.26mg (28.41%), Vitamin B2: 0.45mg (26.7%), Vitamin A: 1197.21IU (23.94%), Vitamin B5: 2.37mg (23.67%), Magnesium: 91.89mg (22.97%), Vitamin E: 3.43mg (22.86%), Potassium: 708.9mg (20.25%), Fiber: 3.69g (14.74%), Vitamin C: 6.26mg (7.59%), Vitamin D: 0.48µg (3.21%)