



Lemon Seafood Risotto

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



299 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup arborio rice
- ☐ 0.5 pound bay scallops
- ☐ 2 teaspoons basil dried
- ☐ 1 cup cooking wine dry white
- ☐ 2 cloves garlic minced
- ☐ 6 servings ground pepper black to taste
- ☐ 1 large leek cleaned thinly sliced
- ☐ 2 tablespoons juice of lemon

- ☐ 2 cups chicken broth low-sodium divided
- ☐ 2 tablespoons olive oil
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 1 medium bell pepper diced red
- ☐ 0.5 pound shrimp deveined peeled
- ☐ 1 cup snow peas fresh trimmed halved

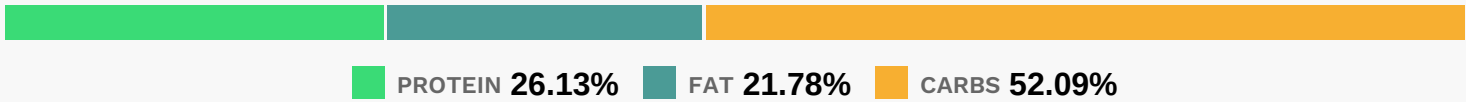
Equipment

- ☐ sauce pan

Directions

- ☐ Heat olive oil in a large, heavy-bottomed saucepan over medium-low heat. Cook the leek and garlic until soft, about 5 minutes. Stir in the rice, and cook for 5 minutes more, stirring frequently.
- ☐ Pour in 1 1/2 cups of the chicken broth, and bring to a boil over high heat, stirring occasionally. Reduce heat to medium-low, and simmer, uncovered for 5 minutes, continuing to stir.
- ☐ Pour in the remaining chicken broth and wine, increase heat to medium, and cook for about 5 more minutes, stirring constantly.
- ☐ Add the scallops, shrimp, peas, and red pepper. Cook, stirring constantly, until the remaining liquid is almost absorbed, and the seafood has cooked, about 5 minutes. When the rice is just tender and slightly creamy, season with Parmesan cheese, basil, lemon juice, and pepper.

Nutrition Facts



Properties

Glycemic Index:37.17, Glycemic Load:21.97, Inflammation Score:-8, Nutrition Score:15.490869711923%

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 Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 299.39kcal (14.97%), Fat: 6.56g (10.09%), Saturated Fat: 1.34g (8.38%), Carbohydrates: 35.31g (11.77%), Net Carbohydrates: 33.09g (12.03%), Sugar: 2.7g (2.99%), Cholesterol: 72.1mg (24.03%), Sodium: 267.84mg (11.65%), Alcohol: 4.12g (100%), Alcohol %: 1.79% (100%), Protein: 17.71g (35.42%), Vitamin C: 39.22mg (47.53%), Phosphorus: 307.46mg (30.75%), Manganese: 0.61mg (30.48%), Folate: 111.15µg (27.79%), Vitamin A: 1071.97IU (21.44%), Vitamin K: 20.93µg (19.94%), Iron: 3.13mg (17.37%), Vitamin B1: 0.24mg (16.09%), Selenium: 11.23µg (16.04%), Copper: 0.32mg (15.77%), Vitamin B3: 3.14mg (15.7%), Vitamin B6: 0.25mg (12.62%), Potassium: 423.78mg (12.11%), Magnesium: 48.42mg (12.1%), Vitamin B12: 0.65µg (10.76%), Zinc: 1.6mg (10.68%), Fiber: 2.23g (8.91%), Calcium: 83.54mg (8.35%), Vitamin E: 1.24mg (8.29%), Vitamin B5: 0.76mg (7.59%), Vitamin B2: 0.1mg (5.9%)