



Lemony Risotto with Asparagus and Shrimp

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



487 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.3 cups arborio rice
- ☐ 0.8 pound asparagus trimmed cut into 1-inch pieces
- ☐ 0.3 cup wine dry white
- ☐ 2 tablespoons flat parsley chopped
- ☐ 1 tablespoon lemon zest grated
- ☐ 3 cups chicken broth reduced-sodium
- ☐ 1 small onion finely chopped
- ☐ 0.3 cup parmesan grated

- ☐ 0.8 pound shrimp deveined peeled
- ☐ 4 tablespoons butter unsalted divided
- ☐ 2 cups water

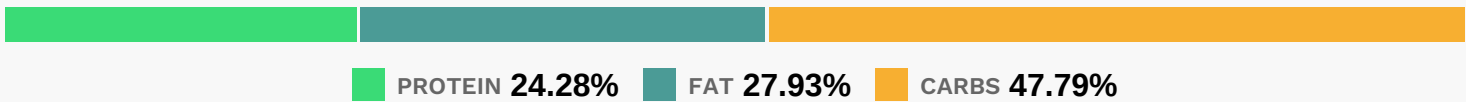
Equipment

- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Bring broth and water to a simmer in a medium saucepan.
- ☐ Add asparagus and simmer, uncovered, until just tender, about 4 minutes.
- ☐ Transfer asparagus with a slotted spoon to an ice bath to stop cooking, then drain. Keep broth at a bare simmer, covered.
- ☐ Cook onion in 2 tablespoons butter with 1/4 teaspoon salt in a 4-quart heavy saucepan over medium heat, stirring occasionally, until softened, about 5 minutes.
- ☐ Add rice and cook, stirring constantly, 1 minute.
- ☐ Add wine and simmer, stirring constantly, until absorbed.
- ☐ Stir in 1/2 cup broth mixture and briskly simmer, stirring frequently, until absorbed. Continue adding broth, 1/2 cup at a time, stirring frequently and letting each addition be absorbed before adding the next, until rice is creamy and tender but still al dente (it should be the consistency of a thick soup), about 18 minutes. (There will be leftover broth mixture.)
- ☐ Stir in shrimp and cook until just cooked through, 2 to 3 minutes.
- ☐ Stir in asparagus, zest, remaining 2 tablespoons butter, parmesan, parsley, and pepper to taste. (Thin risotto with some of remaining broth if necessary.)

Nutrition Facts



Properties

Glycemic Index:53.75, Glycemic Load:40.11, Inflammation Score:-9, Nutrition Score:22.751304082249%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 5.72mg, Isorhamnetin: 5.72mg, Isorhamnetin: 5.72mg, Isorhamnetin: 5.72mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 15.45mg, Quercetin: 15.45mg, Quercetin: 15.45mg, Quercetin: 15.45mg

Nutrients (% of daily need)

Calories: 486.98kcal (24.35%), Fat: 14.93g (22.97%), Saturated Fat: 8.75g (54.7%), Carbohydrates: 57.49g (19.16%), Net Carbohydrates: 53.43g (19.43%), Sugar: 2.85g (3.17%), Cholesterol: 171.28mg (57.09%), Sodium: 266.87mg (11.6%), Alcohol: 1.54g (100%), Alcohol %: 0.34% (100%), Protein: 29.21g (58.41%), Vitamin K: 69.4µg (66.09%), Folate: 196.17µg (49.04%), Manganese: 0.86mg (42.79%), Phosphorus: 394.55mg (39.46%), Copper: 0.75mg (37.49%), Vitamin B1: 0.49mg (32.62%), Iron: 5.55mg (30.81%), Vitamin B3: 5.92mg (29.59%), Vitamin A: 1211.22IU (24.22%), Potassium: 654.84mg (18.71%), Selenium: 13.05µg (18.65%), Zinc: 2.73mg (18.22%), Calcium: 174.85mg (17.49%), Magnesium: 66.51mg (16.63%), Fiber: 4.06g (16.23%), Vitamin B2: 0.24mg (14.04%), Vitamin C: 10.65mg (12.91%), Vitamin B6: 0.24mg (12.05%), Vitamin B5: 1.12mg (11.22%), Vitamin E: 1.32mg (8.81%), Vitamin B12: 0.28µg (4.6%), Vitamin D: 0.24µg (1.61%)