



## Lemony Shrimp and Risotto

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



489 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 6.5 ounces arborio rice
- ☐ 3 cups arugula
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 cup fennel bulb chopped
- ☐ 1 large clove garlic peeled smashed chopped
- ☐ 2 teaspoons kosher salt
- ☐ 0.3 cup juice of lemon fresh from 1 large lemon

- ☐ 1 lemon zest
- ☐ 3 cups chicken broth low-sodium as needed
- ☐ 5 tablespoons olive oil extra-virgin
- ☐ 1 cup onion chopped
- ☐ 1 pound shrimp deveined peeled

## Equipment

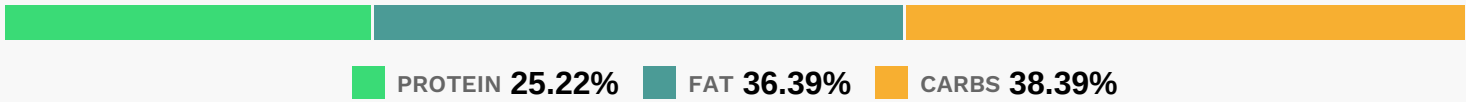
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

## Directions

- ☐ Watch how to make this recipe.
- ☐ Heat 2 tablespoons of the oil in a heavy large saucepan over medium heat.
- ☐ Add the shrimp and sprinkle with 1/2 teaspoon of the salt and 1/4 teaspoon of the pepper. Cook until the shrimp are just opaque in the center, about 3 minutes.
- ☐ Remove the pan from the heat.
- ☐ Transfer the shrimp and juices to a bowl to cool.
- ☐ Add the remaining 3 tablespoons oil to the pan.
- ☐ Add the fennel and onions. Cook until tender, about 4 minutes.
- ☐ Add the garlic and cook until aromatic, 30 seconds.
- ☐ Add the rice. Stir until well coated and translucent in spots, about 2 minutes.
- ☐ Add the wine. Cook until the wine is absorbed, stirring often, about 2 minutes.
- ☐ Add the broth, lemon juice, zest, and the remaining 1 1/2 teaspoons salt and 1/4 teaspoon pepper. Increase the heat and bring to a boil, stirring often. Reduce the heat to medium-low. Simmer until the rice is just tender but still has some bite and the risotto is creamy, stirring often, 13 to 14 minutes.
- ☐ Mix in the arugula. Stir until the arugula wilts, about 30 seconds.
- ☐ Add the shrimp.
- ☐ Mix in additional broth if needed, 1/4 cup at a time, until the risotto is creamy.

Spoon the risotto into 4 shallow soup bowls.

# Nutrition Facts



## Properties

Glycemic Index:65.75, Glycemic Load:30.34, Inflammation Score:-7, Nutrition Score:17.727826191031%

## 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 Eriodictyol: 0.98mg, Eriodictyol: 0.98mg, Eriodictyol: 0.98mg, Eriodictyol: 0.98mg Hesperetin: 2.27mg, Hesperetin: 2.27mg, Hesperetin: 2.27mg, Hesperetin: 2.27mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.65mg, Isorhamnetin: 2.65mg, Isorhamnetin: 2.65mg, Isorhamnetin: 2.65mg Kaempferol: 5.5mg, Kaempferol: 5.5mg, Kaempferol: 5.5mg, Kaempferol: 5.5mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.43mg, Quercetin: 9.43mg, Quercetin: 9.43mg, Quercetin: 9.43mg

## Nutrients (% of daily need)

Calories: 488.93kcal (24.45%), Fat: 19.62g (30.18%), Saturated Fat: 2.97g (18.57%), Carbohydrates: 46.55g (15.52%), Net Carbohydrates: 43.38g (15.77%), Sugar: 3.69g (4.1%), Cholesterol: 182.57mg (60.86%), Sodium: 1369.72mg (59.55%), Alcohol: 1.54g (100%), Alcohol %: 0.42% (100%), Protein: 30.58g (61.17%), Vitamin K: 41.19µg (39.22%), Phosphorus: 375.45mg (37.55%), Manganese: 0.72mg (36.16%), Folate: 137.9µg (34.47%), Copper: 0.68mg (34.13%), Vitamin B3: 4.6mg (22.98%), Potassium: 725.9mg (20.74%), Iron: 3.58mg (19.9%), Vitamin B1: 0.29mg (19.64%), Vitamin C: 15.89mg (19.26%), Vitamin E: 2.75mg (18.32%), Magnesium: 70.09mg (17.52%), Zinc: 2.43mg (16.2%), Calcium: 132.53mg (13.25%), Fiber: 3.17g (12.67%), Selenium: 7.52µg (10.74%), Vitamin B6: 0.19mg (9.64%), Vitamin B5: 0.8mg (7.98%), Vitamin A: 388.99IU (7.78%), Vitamin B2: 0.11mg (6.64%), Vitamin B12: 0.18µg (2.95%)