



Lobster-and-Corn Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



410 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 cups arborio rice uncooked
- 0.3 teaspoon pepper black
- 5 cups less-sodium chicken broth fat-free
- 0.3 cup basil fresh chopped
- 1.5 cups corn kernels fresh (3 ears)
- 4 garlic cloves minced
- 2 cups live maine lobsters cooked coarsely chopped (2 [])
- 1 tablespoon olive oil

- 1 ounce parmesan cheese fresh grated
- 0.5 cup shallots minced
- 3 tablespoons cooking sherry

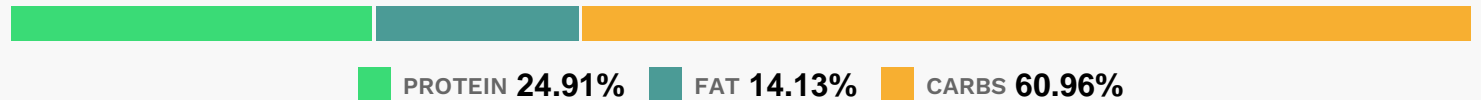
Equipment

- sauce pan

Directions

- Bring broth to a simmer in a saucepan (do not boil). Keep warm over low heat.
- Heat olive oil in a large saucepan over medium-high heat.
- Add shallots and garlic; saut 2 minutes.
- Add rice; saut 3 minutes or until translucent, stirring constantly. Stir in 1/2 cup broth, and cook 3 minutes or until the liquid is nearly absorbed, stirring constantly.
- Add the remaining broth, 1/2 cup at a time, stirring constantly; cook until each portion of broth is absorbed before adding the next (about 30 minutes).
- Add lobster and remaining ingredients; cook 5 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:57.2, Glycemic Load:38.86, Inflammation Score:-7, Nutrition Score:25.740000162436%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 409.75kcal (20.49%), Fat: 6.31g (9.71%), Saturated Fat: 1.72g (10.76%), Carbohydrates: 61.23g (20.41%), Net Carbohydrates: 57.83g (21.03%), Sugar: 5.09g (5.65%), Cholesterol: 124.04mg (41.35%), Sodium: 1430.53mg

(62.2%), Alcohol: 0.93g (100%), Alcohol %: 0.25% (100%), Protein: 25.02g (50.04%), Selenium: 76.42µg (109.17%), Copper: 1.51mg (75.35%), Manganese: 0.92mg (46.15%), Folate: 178.31µg (44.58%), Phosphorus: 332.94mg (33.29%), Vitamin B1: 0.46mg (30.9%), Vitamin B3: 6.11mg (30.57%), Zinc: 4.55mg (30.33%), Vitamin B5: 2.85mg (28.45%), Vitamin B12: 1.71µg (28.42%), Iron: 3.8mg (21.1%), Vitamin B6: 0.4mg (19.85%), Magnesium: 78.28mg (19.57%), Calcium: 175.59mg (17.56%), Potassium: 526.75mg (15.05%), Fiber: 3.41g (13.63%), Vitamin E: 1.29mg (8.63%), Vitamin K: 8.98µg (8.55%), Vitamin B2: 0.14mg (8.39%), Vitamin C: 5.89mg (7.14%), Vitamin A: 215.52IU (4.31%)