



Lobster Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



328 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup arborio rice
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 tablespoons butter
- ☐ 0.5 cup carrots chopped
- ☐ 0.3 cup chives fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 2 cups pd of lobster cooked cut into 1/2-inch pieces
- ☐ 0.3 cup mascarpone cheese

- ☐ 0.1 teaspoon saffron threads crushed
- ☐ 0.3 cup shallots chopped
- ☐ 0.5 cup tomatoes chopped
- ☐ 5 cups vegetable broth
- ☐ 0.5 cup white wine

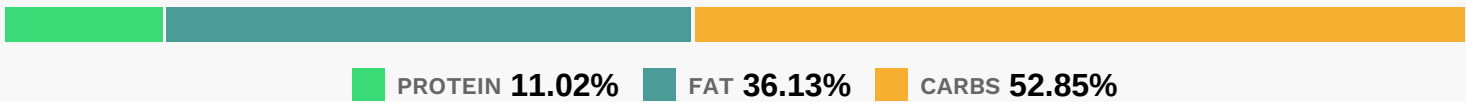
Equipment

- ☐ sauce pan

Directions

- ☐ Bring broth to a simmer in a medium saucepan (do not boil). Keep warm over low heat.
- ☐ Melt butter in a large saucepan over medium heat; add carrot, shallot, and garlic. Cook 3 minutes or until slightly tender, stirring occasionally. Stir in saffron, and cook 30 seconds, stirring constantly. Stir in rice, and cook 2 minutes, stirring constantly.
- ☐ Add wine; cook until liquid is nearly absorbed, stirring constantly.
- ☐ Add 1/2 cup warm broth, stirring constantly until broth is nearly absorbed. Repeat with remaining broth, 1/2 cup at a time (about 25 minutes total).
- ☐ Stir in tomato, and cook 1 minute, stirring often. Stir in lobster and mascarpone cheese; cook, stirring constantly, just until thoroughly heated.
- ☐ Remove from heat, and stir in chives and pepper.
- ☐ Serve immediately.
- ☐ Wine note: This year, Norren Graziano helps celebrate The Trellis' 25th anniversary with chef Marcel Desaulniers and his partner, John Curtis. For this recipe, Noreen recommends 2002 Ferrari-Carano Chardonnay (\$25).

Nutrition Facts



Properties

Glycemic Index:96.77, Glycemic Load:27.89, Inflammation Score:-9, Nutrition Score:13.730869656024%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 327.8kcal (16.39%), Fat: 12.38g (19.04%), Saturated Fat: 7.59g (47.41%), Carbohydrates: 40.73g (13.58%), Net Carbohydrates: 38.45g (13.98%), Sugar: 4.53g (5.03%), Cholesterol: 61.46mg (20.49%), Sodium: 1120.73mg (48.73%), Alcohol: 2.47g (100%), Alcohol %: 0.8% (100%), Protein: 8.49g (16.98%), Vitamin A: 3219.88IU (64.4%), Selenium: 22.73µg (32.47%), Manganese: 0.59mg (29.47%), Folate: 107.63µg (26.91%), Copper: 0.46mg (23.24%), Vitamin B1: 0.26mg (17.43%), Iron: 2.16mg (12.03%), Vitamin B3: 2.35mg (11.75%), Vitamin B6: 0.22mg (10.82%), Phosphorus: 106.69mg (10.67%), Zinc: 1.52mg (10.15%), Vitamin B5: 1.01mg (10.14%), Fiber: 2.28g (9.1%), Vitamin K: 8.13µg (7.74%), Magnesium: 29.34mg (7.34%), Vitamin C: 5.78mg (7.01%), Potassium: 243.54mg (6.96%), Calcium: 59.48mg (5.95%), Vitamin B12: 0.33µg (5.51%), Vitamin E: 0.59mg (3.95%), Vitamin B2: 0.05mg (2.77%)