



Mixed Seafood Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



382 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 fillet anchovy
- ☐ 1.5 cups arborio rice
- ☐ 4 cups chicken broth
- ☐ 1 cup wine dry white
- ☐ 0.5 pound fish fillet white firm cut into pieces
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons olive oil extra virgin extra-virgin

- ☐ 1 large onion chopped
- ☐ 0.3 cup pecorino cheese fresh grated
- ☐ 0.8 pound shrimp deveined peeled
- ☐ 2 tablespoons tomato paste

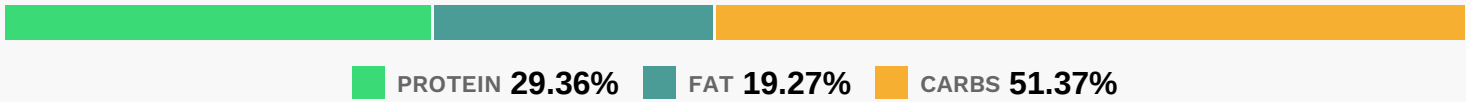
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Saut the shrimp and fish in olive oil in a medium saucepan or Dutch oven 3 to 5 minutes or until cooked through; remove from pan, and set aside.
- ☐ Place onion and garlic in pan. Cook, stirring constantly, 3 to 5 minutes or until tender.
- ☐ Add anchovies, and stir until dissolved.
- ☐ Add rice, and stir until well-coated and translucent, about 1 to 2 minutes.
- ☐ Add wine, and simmer until absorbed. Stir in the hot broth, 1 cup at a time, stirring frequently, until each addition has been absorbed. (The entire process should take 20 to 25 minutes.) Stir in tomato paste with the last addition of broth.
- ☐ Stir in reserved seafood, fresh basil, and cheese.

Nutrition Facts



Properties

Glycemic Index:49.33, Glycemic Load:32.43, Inflammation Score:-7, Nutrition Score:15.511739233266%

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 Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

Nutrients (% of daily need)

Calories: 381.98kcal (19.1%), Fat: 7.5g (11.54%), Saturated Fat: 1.78g (11.11%), Carbohydrates: 45g (15%), Net Carbohydrates: 42.92g (15.61%), Sugar: 2.81g (3.12%), Cholesterol: 119.25mg (39.75%), Sodium: 767mg (33.35%), Alcohol: 4.12g (100%), Alcohol %: 1.36% (100%), Protein: 25.71g (51.43%), Selenium: 26.08µg (37.25%), Manganese: 0.74mg (37.24%), Folate: 131.82µg (32.95%), Phosphorus: 296.06mg (29.61%), Vitamin B1: 0.35mg (23.47%), Vitamin B3: 4.5mg (22.52%), Copper: 0.42mg (21.14%), Iron: 3.25mg (18.03%), Magnesium: 55.64mg (13.91%), Potassium: 468.8mg (13.39%), Zinc: 1.84mg (12.25%), Vitamin B12: 0.69µg (11.53%), Vitamin B6: 0.22mg (11.19%), Calcium: 110.67mg (11.07%), Vitamin B2: 0.19mg (10.88%), Vitamin B5: 0.94mg (9.39%), Vitamin K: 9.84µg (9.37%), Fiber: 2.08g (8.3%), Vitamin D: 1.19µg (7.95%), Vitamin E: 1.16mg (7.71%), Vitamin C: 3.41mg (4.14%), Vitamin A: 173.97IU (3.48%)