Mussels, Clams and Shrimp with Saffron Risotto and Green Olive Relish

Gluten Free Dairy Free

READY IN	SERVINGS	CALORIES
45 min.	4	430 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- [ ] 1 cup arborio rice medium-grain white
- [ ] 1 cup bottled clam juice
- [ ] 0.5 cup wine dry white
- [ ] 4 garlic clove minced
- [ ] 0.3 cup spring onion sliced
- [ ] 4 servings lemon wedges
- [ ] 12 littleneck clams scrubbed

- [ ] 2 cups chicken broth canned
- [ ] 20 mussels scrubbed
- [ ] 4 servings olive green
- [ ] 2 tablespoons olive oil extra virgin extra-virgin
- [ ] 0.3 teaspoon saffron threads
- [ ] 0.3 cup shallots chopped
- [ ] 12 large shrimp deveined uncooked peeled
- [ ] 0.8 cup tomatoes chopped

Equipment

- [ ] bowl
- [ ] sauce pan
- [ ] pot

Directions

- [ ] Bring stock and saffron to simmer in medium saucepan.
- [ ] Remove from heat; cover to keep warm.
- [ ] Heat olive oil in heavy large pot over medium heat.
- [ ] Add shallots; sauté until tender, about 2 minutes.
- [ ] Add rice and garlic; stir 1 minute.
- [ ] Add white wine and stir until absorbed, about 2 minutes.
- [ ] Add 1/2 cup saffron stock and simmer until absorbed, stirring frequently.
- [ ] Add remaining stock 1/2 cup at a time, allowing stock to be absorbed before adding more and stirring frequently until rice is cooked halfway, about 10 minutes.
- [ ] Add clam juice, mussels, littleneck clams, shrimp and chopped tomatoes. Cover and simmer until rice is tender, mussels and clams open, shrimp are cooked through and liquid is absorbed, about 10 minutes (discard any mussels and clams that do not open). Divide seafood and saffron risotto equally among 4 bowls.
- [ ] Sprinkle with sliced green onions.
- [ ] Garnish with lemon wedges.

- [ ] Serve, passing Green Olive Relish separately.

Nutrition Facts

PROTEIN **18.45%** FAT **27.13%** CARBS **54.42%**

Properties

Glycemic Index:99.88, Glycemic Load:33.52, Inflammation Score:-8, Nutrition Score:24.468260951664%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 430.21kcal (21.51%), Fat: 12.37g (19.04%), Saturated Fat: 1.88g (11.78%), Carbohydrates: 55.87g (18.62%), Net Carbohydrates: 52.51g (19.09%), Sugar: 4.61g (5.12%), Cholesterol: 61.61mg (20.54%), Sodium: 724.28mg (31.49%), Alcohol: 3.09g (100%), Alcohol %: 0.95% (100%), Protein: 18.94g (37.87%), Manganese: 2.11mg (105.61%), Vitamin B12: 5.74µg (95.73%), Selenium: 28.85µg (41.21%), Folate: 152.01µg (38%), Phosphorus: 275.31mg (27.53%), Iron: 4.94mg (27.46%), Vitamin B1: 0.4mg (26.39%), Vitamin B3: 4.81mg (24.07%), Copper: 0.41mg (20.53%), Vitamin K: 19.98µg (19.03%), Vitamin C: 13.88mg (16.82%), Potassium: 580.92mg (16.6%), Vitamin E: 2.3mg (15.32%), Vitamin B6: 0.29mg (14.54%), Magnesium: 54.68mg (13.67%), Fiber: 3.36g (13.44%), Zinc: 2.01mg (13.42%), Vitamin A: 547.06IU (10.94%), Vitamin B2: 0.18mg (10.43%), Vitamin B5: 1.02mg (10.16%), Calcium: 74.85mg (7.48%)