



Nonna Luna's Rice

READY IN



45 min.

SERVINGS



4

CALORIES



1020 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 3.5 cups chicken stock see
- ☐ 1 clove garlic minced
- ☐ 1 tablespoon hot sauce
- ☐ 2 teaspoons kosher salt
- ☐ 0.5 cup juice of lemon 2 lemons
- ☐ 2 cups parboiled rice long-grain such as uncle ben's
- ☐ 2 pounds shrimp deveined peeled
- ☐ 4 ounces butter unsalted divided at room temperature

☐ 1 cup whipping cream

Equipment

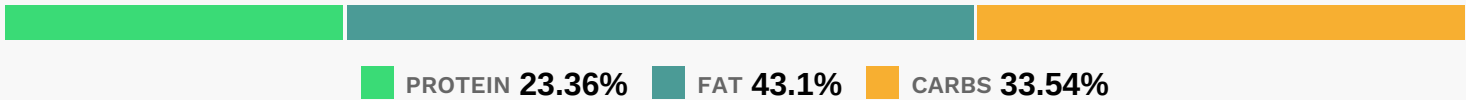
☐ frying pan

☐ sauce pan

Directions

- ☐ Watch how to make this recipe.
- ☐ In a medium nonstick saucepan, heat 1/2 of the butter over medium-low heat.
- ☐ Add the rice and cook, stirring frequently, until golden, about 6 to 7 minutes.
- ☐ Add the chicken stock and salt. Bring the mixture to a boil. Reduce the heat to medium-low and simmer covered for 20 to 25 minutes until the rice is tender and all the liquid is absorbed.
- ☐ Remove the pan from the heat and rest covered for 5 minutes.
- ☐ In a large skillet, melt the remaining butter over medium heat.
- ☐ Add the garlic and cook, stirring frequently, for 1 to 2 minutes until aromatic.
- ☐ Add the shrimp, lemon juice, and hot sauce. Cook for 2 to 3 minutes until the shrimp is pink and cooked through. Stir in the cream and heat through. Season with salt and pepper, to taste.
- ☐ Using a fork, fluff the rice and arrange on a platter. Spoon the shrimp cream sauce over the rice and serve.

Nutrition Facts



Properties

Glycemic Index:30.8, Glycemic Load:44.6, Inflammation Score:-7, Nutrition Score:22.366956472397%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin:

0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 1020kcal (51%), Fat: 48.85g (75.16%), Saturated Fat: 29.33g (183.33%), Carbohydrates: 85.55g (28.52%), Net Carbohydrates: 84.2g (30.62%), Sugar: 6g (6.67%), Cholesterol: 499.63mg (166.54%), Sodium: 1843.09mg (80.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.59g (119.17%), Phosphorus: 693.84mg (69.38%), Copper: 1.23mg (61.25%), Manganese: 1.12mg (55.83%), Vitamin A: 1597.11IU (31.94%), Zinc: 4.54mg (30.28%), Selenium: 20.8µg (29.72%), Magnesium: 118.02mg (29.5%), Potassium: 1029.62mg (29.42%), Vitamin B3: 4.89mg (24.45%), Calcium: 228.03mg (22.8%), Vitamin B2: 0.35mg (20.8%), Vitamin C: 15.25mg (18.48%), Vitamin B6: 0.33mg (16.51%), Iron: 2.5mg (13.88%), Vitamin B5: 1.17mg (11.7%), Vitamin B1: 0.16mg (10.78%), Vitamin E: 1.42mg (9.47%), Vitamin D: 1.38µg (9.18%), Folate: 27.47µg (6.87%), Fiber: 1.34g (5.38%), Vitamin K: 4.66µg (4.43%), Vitamin B12: 0.14µg (2.39%)