



Pan-Seared Shrimp and Arugula Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



413 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup arborio rice medium-grain uncooked
- ☐ 3 cups baby arugula
- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 2 tablespoons butter
- ☐ 4 cups chicken stock see homemade
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.5 cup basil fresh thinly sliced
- ☐ 6 garlic cloves minced

- ☐ 2 tablespoons olive oil extra-virgin divided
- ☐ 2 ounces parmigiano-reggiano cheese fresh grated
- ☐ 0.5 teaspoon salt divided
- ☐ 0.5 cup shallots chopped
- ☐ 1 pound shrimp deveined peeled

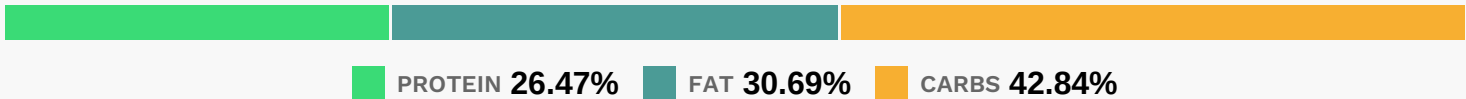
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring Homemade Chicken Stock to a simmer in a small saucepan (do not boil). Keep warm over low heat.
- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle shrimp with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Add shrimp to pan; cook 1 minute.
- ☐ Remove pan from heat; set aside.
- ☐ Heat remaining 1 tablespoon oil in a large saucepan over medium heat.
- ☐ Add shallots and garlic to pan; cook 5 minutes or until tender, stirring frequently.
- ☐ Add rice; cook 1 minute, stirring constantly. Stir in wine; cook 1 minute or until the liquid is nearly absorbed, stirring constantly.
- ☐ Add 1 cup stock; cook 4 minutes or until liquid is nearly absorbed, stirring constantly. Stir in remaining stock, 1/2 cup at a time, stirring frequently until each portion of stock is absorbed before adding the next (about 25 minutes total). Stir in shrimp; cook 1 minute or until done. Stir in cheese, butter, remaining 1/4 teaspoon salt, and remaining 1/8 teaspoon pepper.
- ☐ Remove from heat; stir in arugula and basil.

Nutrition Facts



Properties

Glycemic Index:61.33, Glycemic Load:26.02, Inflammation Score:-7, Nutrition Score:15.259565314521%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 413.01kcal (20.65%), Fat: 13.52g (20.8%), Saturated Fat: 5.26g (32.84%), Carbohydrates: 42.46g (14.15%), Net Carbohydrates: 40.45g (14.71%), Sugar: 4.59g (5.1%), Cholesterol: 142.97mg (47.66%), Sodium: 701.11mg (30.48%), Alcohol: 2.06g (100%), Alcohol %: 0.75% (100%), Protein: 26.24g (52.47%), Phosphorus: 335.61mg (33.56%), Manganese: 0.63mg (31.65%), Folate: 117.96µg (29.49%), Copper: 0.51mg (25.57%), Vitamin K: 23.24µg (22.14%), Vitamin B3: 4.31mg (21.54%), Vitamin B1: 0.31mg (20.45%), Calcium: 201.97mg (20.2%), Selenium: 12.37µg (17.67%), Iron: 3.06mg (17.01%), Potassium: 543.44mg (15.53%), Vitamin B6: 0.3mg (14.98%), Magnesium: 59.2mg (14.8%), Zinc: 2.14mg (14.25%), Vitamin B2: 0.21mg (12.26%), Vitamin A: 539.54IU (10.79%), Fiber: 2.01g (8.04%), Vitamin B5: 0.69mg (6.89%), Vitamin E: 0.92mg (6.13%), Vitamin C: 4.69mg (5.69%), Vitamin B12: 0.12µg (2.02%)