



Prawn and Pine Nut Risotto

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



766 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups arborio rice
- 0.3 cup olives black sliced
- 1 carrots cut into thin strips
- 0.3 cup chile-garlic butter flavored
- 4 servings ground pepper black to taste
- 1 quart chicken broth warmed reduced-sodium
- 2 tablespoons olive oil
- 1 onion finely chopped

- 0.3 cup pinenuts
- 1 large chile pepper red minced
- 12 ounces shrimp deveined peeled
- 0.5 cup white wine

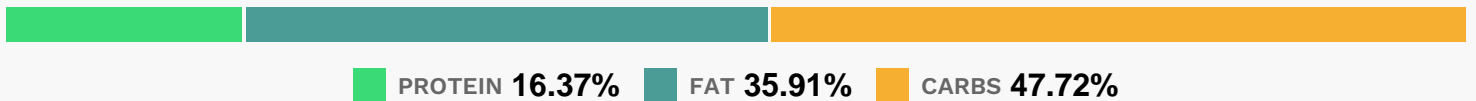
Equipment

- sauce pan

Directions

- Heat olive oil in a large saucepan over medium heat. Stir in the onion and cook until softened and translucent, about 3 minutes. Stir in Arborio rice until well coated in oil; continue cooking until both the onion and rice begin to turn golden-brown, about 8 minutes.
- Pour in the white wine and stir until evaporated.
- Pour in 1/3 of the hot chicken broth; stir constantly as the risotto simmers and slowly absorbs the broth, about 8 minutes.
- Add half of the remaining broth, and continue stirring until absorbed, about another 8 minutes.
- Stir in chile-garlic butter, shrimp, carrot, pine nuts, black olives, and red chile pepper until the butter has melted. Stir in the remaining chicken broth, and again stir constantly until absorbed, about 8 minutes. Season to taste with black pepper.
- At this point, taste the rice; it should be slightly firm and totally delicious. If it is still a little crunchy, stir in some hot water and continue cooking until it reaches the desired tenderness.

Nutrition Facts



Properties

Glycemic Index:74.46, Glycemic Load:64.16, Inflammation Score:-10, Nutrition Score:28.169565304466%

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 Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 766.3kcal (38.32%), Fat: 29.98g (46.13%), Saturated Fat: 9.65g (60.33%), Carbohydrates: 89.66g (29.89%), Net Carbohydrates: 85.08g (30.94%), Sugar: 3.54g (3.93%), Cholesterol: 167.43mg (55.81%), Sodium: 410.55mg (17.85%), Alcohol: 3.09g (100%), Alcohol %: 0.72% (100%), Protein: 30.76g (61.52%), Manganese: 2.18mg (109.07%), Folate: 246.53µg (61.63%), Vitamin A: 3046.83IU (60.94%), Phosphorus: 440.12mg (44.01%), Copper: 0.86mg (42.82%), Vitamin B1: 0.64mg (42.72%), Vitamin B3: 8.23mg (41.15%), Iron: 6.18mg (34.36%), Magnesium: 94.92mg (23.73%), Vitamin C: 19.19mg (23.26%), Zinc: 3.37mg (22.45%), Selenium: 15.64µg (22.34%), Potassium: 725.98mg (20.74%), Vitamin E: 2.89mg (19.29%), Fiber: 4.58g (18.33%), Vitamin B6: 0.33mg (16.73%), Vitamin K: 15.37µg (14.64%), Vitamin B5: 1.45mg (14.53%), Vitamin B2: 0.18mg (10.62%), Calcium: 92.63mg (9.26%), Vitamin B12: 0.26µg (4.35%)