



Pronto Scallop Risotto

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



348 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons basil leaves fresh shredded finely
- ☐ 0.8 pound bay scallops rinsed drained
- ☐ 0.3 cup celery chopped
- ☐ 4 cups fat-skimmed chicken broth
- ☐ 2 teaspoons ginger fresh grated
- ☐ 4 servings salt and fresh-ground pepper
- ☐ 1 tablespoon juice of lemon
- ☐ 4 servings lemon wedges

- ☐ 1 tablespoon olive oil
- ☐ 1 cup peas frozen
- ☐ 0.3 cup onion red chopped
- ☐ 1.3 cups rice such as pearl medium-grain white

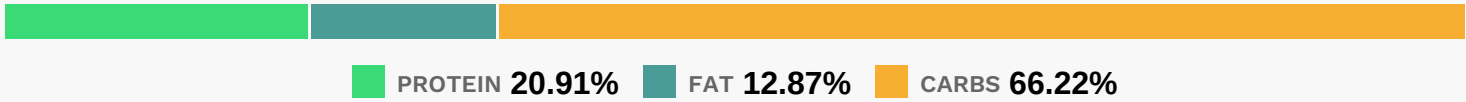
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 3- to 4-quart pan over medium heat, combine oil, celery, and onion. Stir often until onion is limp, 4 to 5 minutes.
- ☐ Add rice and mix well.
- ☐ Add 4 cups broth and bring to a boil over high heat, stirring often. Reduce heat to simmering and stir often until rice is tender to bite, 12 to 15 minutes.
- ☐ Add scallops, peas, and ginger. Stir until scallops are opaque but still moist-looking in center of thickest part (cut to test), 5 to 7 minutes.
- ☐ Add lemon juice, and a little more broth if a creamier texture is desired; mix well.
- ☐ Spoon risotto into wide bowls.
- ☐ Sprinkle with basil and garnish with lemon wedges.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:68.75, Glycemic Load:29.58, Inflammation Score:-6, Nutrition Score:15.436086882716%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg

Naringenin: 0.06mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 347.74kcal (17.39%), Fat: 4.88g (7.51%), Saturated Fat: 0.74g (4.59%), Carbohydrates: 56.51g (18.84%), Net Carbohydrates: 53.26g (19.37%), Sugar: 3.28g (3.65%), Cholesterol: 20.41mg (6.8%), Sodium: 1467.88mg (63.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.85g (35.7%), Manganese: 0.86mg (42.9%), Phosphorus: 421.91mg (42.19%), Selenium: 25.38µg (36.26%), Vitamin B12: 1.65µg (27.55%), Vitamin C: 17.96mg (21.77%), Vitamin B3: 3.61mg (18.05%), Vitamin K: 17.83µg (16.98%), Vitamin B6: 0.28mg (13.89%), Copper: 0.27mg (13.45%), Fiber: 3.25g (13.02%), Zinc: 1.95mg (12.98%), Potassium: 451.15mg (12.89%), Folate: 51.28µg (12.82%), Magnesium: 51.04mg (12.76%), Vitamin B5: 1.13mg (11.27%), Vitamin B1: 0.17mg (11.24%), Iron: 1.75mg (9.72%), Vitamin B2: 0.15mg (8.64%), Vitamin A: 371.12IU (7.42%), Calcium: 48.44mg (4.84%), Vitamin E: 0.66mg (4.39%)