



Risi e Bisi



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



870 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 pound maine crabmeat
- ☐ 0.5 teaspoon thyme leaves fresh chopped
- ☐ 1.5 pounds ham hocks
- ☐ 1 large jalapeño chile minced seeded
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1.5 cups peas frozen

- ☐ 7 ounces rice medium-grain
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 scallion thinly sliced
- ☐ 2 large shallots minced
- ☐ 6.5 cups water

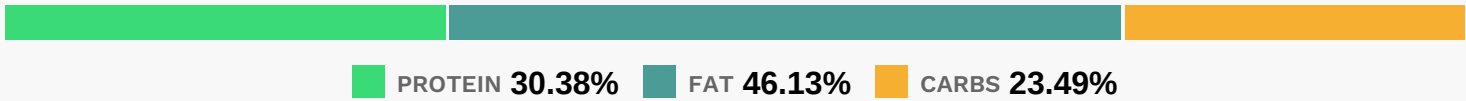
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a medium saucepan, cover the ham hocks with the water, add the bay leaf and bring to a boil. Simmer over low heat until the hock meat is tender, about 1 hour.
- ☐ Remove the hocks from the saucepan and skim any fat from the surface of the stock; keep the stock warm.
- ☐ Remove the meat from the ham hocks; discard the skin, fat, tendons and bones.
- ☐ Cut the meat into small dice; you should have about 3/4 cup.
- ☐ Heat the olive oil in a medium sauce-pan.
- ☐ Add the shallots and jalapeo and cook over low heat until softened, about 5 minutes.
- ☐ Add the rice and thyme and stir to coat the rice with the flavorings.
- ☐ Pour in the ham stock and bring to a boil. Reduce the heat to low and simmer, stirring occasionally, until the rice is just tender and the stew is somewhat soupy, about 15 minutes.
- ☐ Add the peas, crabmeat, scallion, lemon juice and the reserved ham and simmer for 1 minute to heat through. Season with salt and pepper and serve at once.
- ☐ Make Ahead: The recipe can be prepared through Step 2 and refrigerated for up to 2 days.

Nutrition Facts



Properties

Glycemic Index:66.33, Glycemic Load:33.77, Inflammation Score:-8, Nutrition Score:25.056956560715%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 869.72kcal (43.49%), Fat: 43.48g (66.89%), Saturated Fat: 15.11g (94.43%), Carbohydrates: 49.81g (16.6%), Net Carbohydrates: 44.7g (16.26%), Sugar: 4.31g (4.79%), Cholesterol: 209.22mg (69.74%), Sodium: 1117.67mg (48.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 64.42g (128.84%), Vitamin B12: 5.1µg (85.05%), Folate: 182.42µg (45.6%), Selenium: 29.29µg (41.85%), Manganese: 0.81mg (40.45%), Copper: 0.8mg (40.06%), Vitamin C: 32.33mg (39.19%), Iron: 6.27mg (34.82%), Zinc: 4.71mg (31.37%), Vitamin B1: 0.46mg (30.69%), Potassium: 972.03mg (27.77%), Phosphorus: 239.94mg (23.99%), Vitamin K: 22.55µg (21.48%), Fiber: 5.11g (20.44%), Vitamin B3: 3.89mg (19.46%), Magnesium: 65.24mg (16.31%), Vitamin B6: 0.32mg (16.16%), Vitamin A: 511.22IU (10.22%), Calcium: 95.37mg (9.54%), Vitamin B5: 0.95mg (9.46%), Vitamin B2: 0.13mg (7.58%), Vitamin E: 0.72mg (4.82%)