



Risotto with Peas and Shrimp

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



348 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups arborio rice uncooked
- ☐ 0.3 teaspoon pepper black
- ☐ 16 ounce bottled clam juice
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 cup peas green shelled ()
- ☐ 1 teaspoon lemon rind grated
- ☐ 1 tablespoon olive oil
- ☐ 1 ounce parmesan cheese fresh grated

- ☐ 0.3 cup shallots minced
- ☐ 0.8 pound shrimp deveined peeled
- ☐ 1 cup snow peas diagonally sliced ()
- ☐ 3 cups water
- ☐ 1.5 teaspoons or dried fresh chopped

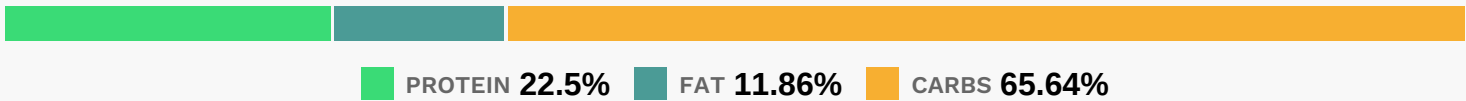
Equipment

- ☐ sauce pan

Directions

- ☐ Bring clam juice and water to a simmer in a medium saucepan (do not boil). Keep warm over low heat.
- ☐ Heat oil in a large saucepan over medium heat; add shallots, and cook 1 minute.
- ☐ Add rice; cook 1 minute, stirring constantly. Stir in wine; cook 1 minute. Stir in 1/2 cup juice mixture; cook 2 minutes or until liquid is nearly absorbed, stirring constantly.
- ☐ Add remaining juice mixture, 1/2 cup at a time, stirring constantly until each portion of juice mixture is absorbed before adding the next (about 20 minutes total). Stir in shrimp, snow peas, and green peas; cook 4 minutes or until shrimp are done, stirring constantly.
- ☐ Remove from heat; stir in cheese and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:38.39, Glycemic Load:32.74, Inflammation Score:-8, Nutrition Score:15.349999833366%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 348.15kcal (17.41%), Fat: 4.42g (6.79%), Saturated Fat: 1.26g (7.86%), Carbohydrates: 54.99g (18.33%), Net Carbohydrates: 51.02g (18.55%), Sugar: 5.49g (6.1%), Cholesterol: 94.5mg (31.5%), Sodium: 427.18mg (18.57%), Alcohol: 1.37g (100%), Alcohol %: 0.47% (100%), Protein: 18.85g (37.7%), Manganese: 0.78mg (38.8%), Folate: 148.67µg (37.17%), Vitamin C: 24.59mg (29.81%), Vitamin B1: 0.4mg (26.48%), Phosphorus: 253.69mg (25.37%), Copper: 0.44mg (21.86%), Iron: 3.74mg (20.8%), Fiber: 3.97g (15.88%), Vitamin K: 16.12µg (15.35%), Vitamin B3: 2.9mg (14.48%), Selenium: 9.61µg (13.73%), Magnesium: 54.43mg (13.61%), Zinc: 1.93mg (12.86%), Calcium: 126.8mg (12.68%), Vitamin B6: 0.25mg (12.29%), Potassium: 397.04mg (11.34%), Vitamin A: 522.48IU (10.45%), Vitamin B5: 0.91mg (9.12%), Vitamin B2: 0.1mg (5.83%), Vitamin E: 0.55mg (3.66%), Vitamin B12: 0.08µg (1.32%)