



Risotto with Sautéed Shrimp, Corn, and Fresh Basil

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



423 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 cups arborio rice uncooked
- 6 basil leaves divided cut into thin strips (chiffonade), (see test kitchen tip, below)
- 0.3 teaspoon pepper black freshly ground
- 1 cup corn kernels
- 2 garlic cloves minced
- 4 cups chicken broth low-sodium
- 3 tablespoons olive oil divided

- 1 small onion diced
- 0.5 cup parmesan cheese divided grated
- 1 pound shrimp raw deveined peeled
- 0.5 cup roasted pepper diced red
- 0.3 teaspoon sea salt
- 2 tablespoons butter unsalted
- 0.3 cup white wine (such as Chardonnay)

Equipment

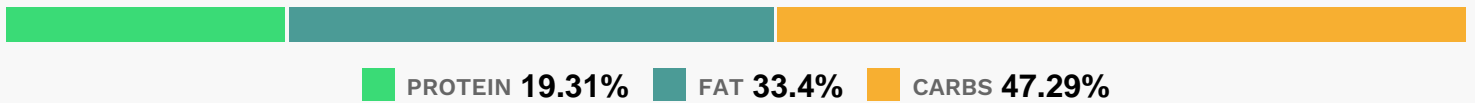
- frying pan
- sauce pan
- mixing bowl

Directions

- Heat a large saut pan over medium-high heat. In a large mixing bowl, toss shrimp with 1 tablespoon olive oil, sea salt, pepper, and 3 basil leaves. Saut shrimp in 2 batches, if necessary, to prevent overcrowding. Cook about 1 minute per side, and remove from pan; place on a platter, cover loosely, and set aside.
- Reduce heat to medium, and heat remaining olive oil and butter in the same pan.
- Add onion, and saut, stirring frequently, 2 minutes or until tender and translucent.
- Add garlic and red pepper, and saut, stirring constantly, 1 minute more.
- Bring broth to a boil in a 3-quart saucepan over medium-high heat. Turn off heat, cover, and keep warm.
- Add rice to onion mixture, and cook, stirring constantly, 2 minutes or until grains are well coated and the outsides turn translucent. (Do not let rice brown.)
- Add white wine, and cook 30 seconds or until most of it evaporates.
- Add 1 cup chicken broth, and stir constantly until mostly absorbed.
- Add additional broth in 1-cup increments, stirring after each addition until most of the broth is absorbed. Stop adding broth when rice appears to be saturated. (You may not need all 5 cups broth.) Cook, stirring frequently, 20 to 25 minutes or until rice is tender and creamy but not mushy.

- Stir in corn, and cook 2 to 3 minutes or until heated through. Stir in shrimp and any collected juices. Reduce heat to low, and cook until warm, not more than 1 minute.
- Add a little more chicken broth if risotto gets too dry.
- Remove from heat, and stir in 1/4 cup Parmesan and remaining basil. Season with additional sea salt and pepper, if desired. Top with remaining Parmesan, and serve warm.
- Test Kitchen Tip: "Chiffonade" may sound fancy and French, but it's just a fast, easy way to cut thin, even strips of basil or any other leafy green: Stack the leaves, roll them lengthwise (like a cigar), and carefully chop crosswise.
- The spoon: A regular spoon will work, but a risotto spoon will get the tender results you're looking for. Rice passes through the spoon's hole instead of getting mashed.
- The rice: Once the rice turns glossy and translucent, it is fully coated with olive oil and butter and ready for the liquid.
- The broth: Keep it hot! For maximum absorption and creamy texture, make sure the chicken broth is still hot when it's added to the risotto.

Nutrition Facts



Properties

Glycemic Index:42.67, Glycemic Load:31.69, Inflammation Score:-7, Nutrition Score:16.767391349958%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 423.34kcal (21.17%), Fat: 15.48g (23.81%), Saturated Fat: 5.17g (32.33%), Carbohydrates: 49.3g (16.43%), Net Carbohydrates: 46.96g (17.08%), Sugar: 2.03g (2.25%), Cholesterol: 112.54mg (37.51%), Sodium: 935.89mg (40.69%), Alcohol: 1.03g (100%), Alcohol %: 0.36% (100%), Protein: 20.13g (40.26%), Selenium: 33.31µg (47.58%), Folate: 145.12µg (36.28%), Phosphorus: 355.09mg (35.51%), Manganese: 0.66mg (32.82%), Vitamin B3: 5.94mg

(29.69%), Vitamin B1: 0.32mg (21.42%), Vitamin B12: 1.12µg (18.62%), Copper: 0.36mg (18.09%), Iron: 2.94mg (16.33%), Vitamin B6: 0.29mg (14.65%), Vitamin E: 2.19mg (14.59%), Calcium: 135.61mg (13.56%), Zinc: 1.96mg (13.08%), Vitamin B5: 1.04mg (10.38%), Potassium: 358.82mg (10.25%), Magnesium: 40.37mg (10.09%), Fiber: 2.33g (9.33%), Vitamin B2: 0.15mg (8.64%), Vitamin C: 7.11mg (8.62%), Vitamin A: 419.63IU (8.39%), Vitamin K: 6.81µg (6.48%), Vitamin D: 0.19µg (1.25%)