



## Risotto with Spinach and Shrimp

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



250 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 cup arborio rice uncooked
- ☐ 3 cups firmly baby spinach fresh packed
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 0.3 cup cooking wine dry white
- ☐ 2.8 cups less-sodium chicken broth fat-free
- ☐ 4 garlic cloves minced
- ☐ 2 teaspoons olive oil
- ☐ 1 ounce parmesan cheese fresh shredded

- ☐ 0.5 teaspoon saffron threads   crushed
- ☐ 0.5 teaspoon salt
- ☐ 1 pound shrimp   fresh deveined peeled
- ☐ 1 large vidalia onion   chopped

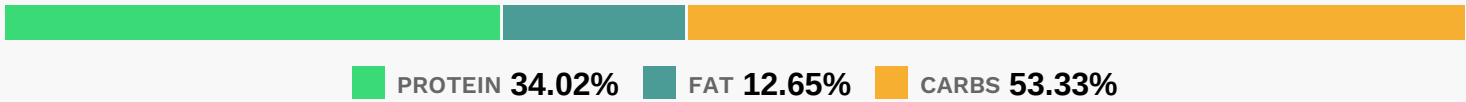
## Equipment

- ☐ sauce pan

## Directions

- ☐ Bring broth 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 onion; saut 5 minutes.
- ☐ Add garlic; saut 1 minute.
- ☐ Add rice and next 3 ingredients; cook 1 minute, stirring constantly.
- ☐ Add wine; cook until liquid is nearly absorbed, stirring constantly.
- ☐ Add warm broth, 1/2 cup at a time, stirring constantly, until each portion of broth is absorbed before adding the next (about 25 minutes total). Stir in shrimp and spinach; cook 5 to 7 minutes or until shrimp turn pink. Stir in Parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:42.67, Glycemic Load:21.21, Inflammation Score:-8, Nutrition Score:15.709565179503%

## 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 Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 1.61mg, Kaempferol: 1.61mg,

Kaempferol: 1.61mg, Kaempferol: 1.61mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg  
Quercetin: 8.64mg, Quercetin: 8.64mg, Quercetin: 8.64mg, Quercetin: 8.64mg

Nutrients (% of daily need)

Calories: 250.49kcal (12.52%), Fat: 3.41g (5.24%), Saturated Fat: 1.09g (6.84%), Carbohydrates: 32.34g (10.78%),  
Net Carbohydrates: 30.52g (11.1%), Sugar: 3.15g (3.49%), Cholesterol: 124.93mg (41.64%), Sodium: 803.14mg  
(34.92%), Alcohol: 1.03g (100%), Alcohol %: 0.43% (100%), Protein: 20.62g (41.25%), Vitamin K: 73.62µg (70.11%),  
Manganese: 0.61mg (30.41%), Folate: 120.34µg (30.08%), Vitamin A: 1456.58IU (29.13%), Phosphorus: 264.93mg  
(26.49%), Copper: 0.44mg (22.21%), Vitamin B1: 0.24mg (15.76%), Iron: 2.62mg (14.53%), Calcium: 140.17mg  
(14.02%), Magnesium: 55.65mg (13.91%), Selenium: 9.11µg (13.02%), Potassium: 425.95mg (12.17%), Zinc: 1.72mg  
(11.46%), Vitamin B3: 2.18mg (10.88%), Vitamin B6: 0.21mg (10.38%), Vitamin C: 7.49mg (9.08%), Fiber: 1.82g (7.27%),  
Vitamin B5: 0.66mg (6.56%), Vitamin B2: 0.1mg (5.71%), Vitamin B12: 0.26µg (4.41%), Vitamin E: 0.54mg (3.57%)