



Saffron and Shrimp Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1419 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5.5 cup arborio rice
- ☐ 0.3 cup butter
- ☐ 4 cups chicken stock see
- ☐ 1 garlic clove
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup onion chopped
- ☐ 0.3 cup parmesan cheese
- ☐ 1 large pinch saffron threads

- ☐ 4 servings salt and pepper
- ☐ 1.5 pounds shrimp uncooked
- ☐ 0.5 cup white wine

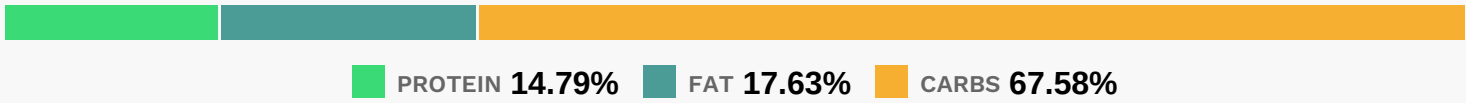
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ pot

Directions

- ☐ In a saucepan over medium heat, bring the stock to a simmer and add the saffron. Reduce the heat to low and keep the stock warm.In a pot or large skillet with a rounded bottom, heat the extra-virgin olive oil over medium to medium-high heat.
- ☐ Add the onions and garlic to the pan and saute to soften 3 to 4 minutes. Stir in the rice, then add the wine and cook until evaporated.
- ☐ Add in the hot stock, a few ladles at a time, and stir for a minute with each addition, until the stock is almost completely absorbed before adding more. after 20 to 25 minutes, stir in the butter and the 1 cup cheese.
- ☐ Add more stock if needed so the rice is thick
- ☐ When rice is cooked to al dente, after 20 to 25 minutes, stir in the butter and the cheese.
- ☐ Add more stock if needed so the rice is thick.Season with salt and pepper.Fold in the shrimp and simmer for 2 minutes. Spoon the risotto into a shallow bowl.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:75.25, Glycemic Load:172.71, Inflammation Score:-10, Nutrition Score:44.691304637038%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg 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: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 1419.03kcal (70.95%), Fat: 26.7g (41.08%), Saturated Fat: 10.98g (68.65%), Carbohydrates: 230.24g (76.75%), Net Carbohydrates: 222.3g (80.84%), Sugar: 4.73g (5.25%), Cholesterol: 257.69mg (85.9%), Sodium: 1729.53mg (75.2%), Alcohol: 3.09g (100%), Alcohol %: 0.52% (100%), Protein: 50.39g (100.78%), Folate: 683.44µg (170.86%), Manganese: 2.97mg (148.58%), Selenium: 99.38µg (141.96%), Vitamin B1: 1.68mg (112.33%), Vitamin B3: 18.21mg (91.04%), Phosphorus: 812.77mg (81.28%), Iron: 12.73mg (70.72%), Copper: 1.03mg (51.41%), Vitamin B6: 0.94mg (46.95%), Vitamin B5: 4.15mg (41.54%), Zinc: 5.32mg (35.47%), Vitamin B12: 2.01µg (33.54%), Fiber: 7.94g (31.77%), Magnesium: 118.78mg (29.7%), Vitamin E: 3.68mg (24.51%), Vitamin B2: 0.4mg (23.7%), Calcium: 216.7mg (21.67%), Potassium: 708.38mg (20.24%), Vitamin A: 733.4IU (14.67%), Vitamin K: 6.53µg (6.21%), Vitamin C: 1.71mg (2.07%), Vitamin D: 0.21µg (1.41%)