

Seafood Risotto

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



435 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups arborio rice
- ☐ 0.3 cup butter
- ☐ 16 fluid ounces bottled clam juice
- ☐ 6.5 ounce clams with juices reserved drained chopped canned
- ☐ 1 teaspoon basil dried
- ☐ 6 servings ground pepper black
- ☐ 6 servings kosher salt
- ☐ 0.5 teaspoon saffron threads

- ☐ 8 ounces salmon cooked
- ☐ 5 cups water
- ☐ 0.8 cup white wine
- ☐ 1 onion yellow chopped

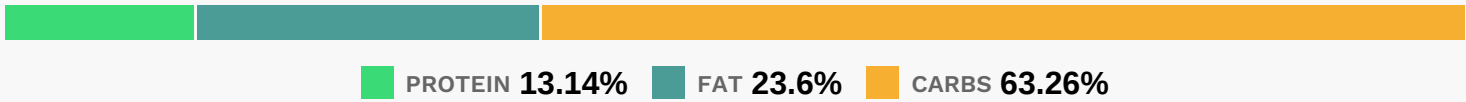
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Place water, bottled clam juice, and reserved juice from canned clams into a medium saucepan. Set over medium-high heat; bring to a boil, then reduce heat to low.
- ☐ In a large pot or deep skillet, melt butter over medium heat. Stir in onion, and cook until softened, stirring occasionally, about 10 minutes. Stir in rice, and cook, stirring, for 3 to 5 minutes. Do not let rice brown.
- ☐ Pour in wine, and cook, stirring, until the wine is evaporated.
- ☐ Add 1/2 cup of simmering broth, and stir until the broth is almost all evaporated. Then add another 1/2 cup of broth. Stir in saffron and basil. Continue adding broth 1/2 cup at a time and stirring until the liquid has evaporated until the rice is almost al dente, about 20 minutes.
- ☐ When the inside of the rice is slightly more firm than you desire in the final dish, stir in clams, flaked salmon, and 1/2 cup broth. Stir until the liquid evaporates. Season with salt and pepper. Stir in 1/2 cup broth, and stir vigorously.
- ☐ Remove from heat before the liquid has completely evaporated.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:42.3, Inflammation Score:-7, Nutrition Score:16.572173958239%

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 Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 434.57kcal (21.73%), Fat: 10.64g (16.38%), Saturated Fat: 5.35g (33.42%), Carbohydrates: 64.21g (21.4%), Net Carbohydrates: 61.63g (22.41%), Sugar: 3.68g (4.09%), Cholesterol: 42.51mg (14.17%), Sodium: 572.18mg (24.88%), Alcohol: 3.09g (100%), Alcohol %: 0.88% (100%), Protein: 13.34g (26.67%), Folate: 174.6µg (43.65%), Manganese: 0.82mg (40.86%), Selenium: 25.82µg (36.88%), Vitamin B1: 0.49mg (32.67%), Vitamin B3: 5.98mg (29.89%), Vitamin B12: 1.76µg (29.37%), Vitamin B6: 0.51mg (25.58%), Iron: 3.6mg (19.99%), Phosphorus: 170.35mg (17.03%), Vitamin B5: 1.61mg (16.08%), Copper: 0.3mg (15.24%), Vitamin B2: 0.2mg (11.87%), Potassium: 364.41mg (10.41%), Fiber: 2.58g (10.33%), Magnesium: 39.49mg (9.87%), Zinc: 1.17mg (7.81%), Vitamin A: 384.99IU (7.7%), Vitamin C: 5.31mg (6.43%), Vitamin K: 3.89µg (3.7%), Calcium: 34.05mg (3.4%), Vitamin E: 0.36mg (2.4%)