



Seafood Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



478 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups warm chicken stock divided
- ☐ 0.3 cup corn kernels yellow
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 teaspoon garlic minced
- ☐ 2 tablespoons herbs mixed chopped (chervil, tarragon, chives)
- ☐ 5 servings kosher salt
- ☐ 0.3 cup leeks sliced
- ☐ 6 ounce lobster tail fresh diced

- ☐ 0.5 cup onion finely chopped
- ☐ 2 cups carnaroli rice
- ☐ 4 ounces rock shrimp fresh deveined peeled
- ☐ 3 tablespoons tomatoes diced
- ☐ 2 tablespoons butter unsalted
- ☐ 5 servings pepper white freshly ground
- ☐ 0.5 cup white wine

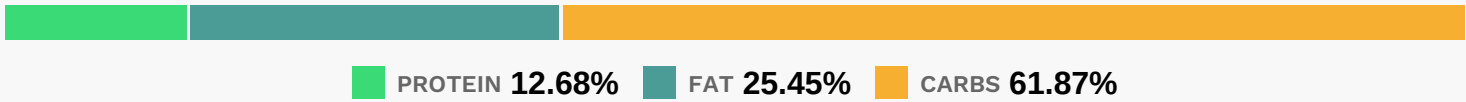
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a large saucepan over medium heat.
- ☐ Add onion and garlic; cook 1 minute.
- ☐ Add rice, stirring to coat; cook 2 minutes.
- ☐ Add wine, and cook, stirring constantly, 2 minutes or until wine is absorbed.
- ☐ Add 1 cup chicken stock, and cook, stirring constantly, until absorbed. Repeat with 1 more cup chicken stock.
- ☐ Stir in remaining 1 cup broth, lobster, shrimp, corn, and leeks; cook 2 minutes. Stir in herbs, tomato, and butter. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:54.64, Glycemic Load:36.36, Inflammation Score:-5, Nutrition Score:13.265652239323%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg

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Nutrients (% of daily need)

Calories: 477.92kcal (23.9%), Fat: 12.86g (19.78%), Saturated Fat: 4.33g (27.08%), Carbohydrates: 70.32g (23.44%), Net Carbohydrates: 68.18g (24.79%), Sugar: 4.06g (4.51%), Cholesterol: 57.03mg (19.01%), Sodium: 593.01mg (25.78%), Alcohol: 2.47g (100%), Alcohol %: 0.96% (100%), Protein: 14.41g (28.82%), Manganese: 1.01mg (50.63%), Selenium: 27.52µg (39.31%), Copper: 0.45mg (22.75%), Phosphorus: 217.3mg (21.73%), Vitamin B3: 4.23mg (21.14%), Vitamin B6: 0.32mg (15.91%), Zinc: 1.71mg (11.39%), Vitamin B2: 0.19mg (11.02%), Magnesium: 42.74mg (10.68%), Potassium: 368.91mg (10.54%), Vitamin B5: 1.04mg (10.44%), Vitamin E: 1.55mg (10.33%), Vitamin K: 10.48µg (9.98%), Iron: 1.56mg (8.67%), Vitamin B1: 0.13mg (8.56%), Fiber: 2.13g (8.54%), Vitamin A: 379.82IU (7.6%), Folate: 29.8µg (7.45%), Calcium: 64.21mg (6.42%), Vitamin B12: 0.38µg (6.34%), Vitamin C: 4.1mg (4.97%)