



## Seafood Risotto (Risotto ai Frutti di Mare)

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



650 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 tablespoon brandy
- 0.3 cup olive oil
- 3 tablespoons butter unsalted
- 1 tablespoon olive oil extra virgin extra-virgin
- 0.5 cup plum tomatoes crushed peeled seeded
- 8 mussels scrubbed
- 4 ounces squid rings cleaned cut into thin rings
- 0.5 cup wine dry white

- 0.5 cup parmesan freshly grated
- 1.3 cups rice
- 0.5 teaspoon garlic chopped
- 4 medium scallops
- 8 small clams such as manila
- 0.5 cup onion minced
- 2.5 cups vegetable stock
- 0.5 cup parsley fresh loosely packed chopped
- 4 servings pepper black freshly ground

## Equipment

- sauce pan

## Directions

- In a small saucepan, warm the fish or vegetable stock. Keep warm.
- In a large saucepan over moderately low heat, warm the olive oil.
- Add 1 tablespoon of the butter and the onion, and sauté, stirring occasionally, until tender (there should be no color), about 5 minutes.
- Add the rice and toast lightly for 1 minute without letting the rice or onion take on any color.
- Add the wine and cook until almost completely absorbed.
- Add most of the stock (it should come about 1/2 inch above the rice) and bring to a simmer. Cook the risotto, stirring occasionally, until the rice has absorbed some of the liquid, about 8 minutes.
- Add the clams, mussels, squid, scallops, and tomatoes, and continue cooking, stirring occasionally, until the seafood is cooked and the rice is al dente, about 6 minutes more. As the rice continues to absorb the liquid, add more as needed.
- Remove the risotto from the heat and add the parsley, garlic, brandy, olive oil, Parmigiano-Reggiano, if using, and the remaining 2 tablespoons butter. Stir well to release the starches and make the risotto creamy. Season to taste with salt and pepper, and serve immediately.

## Nutrition Facts



■ PROTEIN 11.85% ■ FAT 50.51% ■ CARBS 37.64%

## Properties

Glycemic Index:99.8, Glycemic Load:31.91, Inflammation Score:-8, Nutrition Score:24.613043360088%

## 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: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

## Nutrients (% of daily need)

Calories: 649.66kcal (32.48%), Fat: 34.65g (53.31%), Saturated Fat: 10.75g (67.16%), Carbohydrates: 58.1g (19.37%), Net Carbohydrates: 56.32g (20.48%), Sugar: 3.41g (3.79%), Cholesterol: 106.11mg (35.37%), Sodium: 919.98mg (40%), Alcohol: 4.34g (100%), Alcohol %: 1.35% (100%), Protein: 18.28g (36.57%), Vitamin K: 139.68µg (133.03%), Manganese: 1.37mg (68.49%), Selenium: 35.18µg (50.26%), Vitamin B12: 3.01µg (50.19%), Copper: 0.74mg (36.91%), Phosphorus: 333.96mg (33.4%), Vitamin A: 1596.01IU (31.92%), Vitamin E: 4.1mg (27.36%), Vitamin C: 18.26mg (22.14%), Calcium: 205mg (20.5%), Vitamin B2: 0.25mg (14.9%), Zinc: 2.08mg (13.85%), Magnesium: 52.11mg (13.03%), Iron: 2.34mg (13.01%), Vitamin B3: 2.35mg (11.76%), Potassium: 404.15mg (11.55%), Vitamin B6: 0.22mg (11.12%), Vitamin B5: 1.05mg (10.51%), Folate: 36.89µg (9.22%), Vitamin B1: 0.11mg (7.4%), Fiber: 1.78g (7.11%), Vitamin D: 0.22µg (1.47%)