



Seafood Risotto with Leek Broth and Asparagus Stems

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



786 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups arborio rice
- ☐ 1 pound asparagus cut into 2-inch pieces
- ☐ 1 bay leaf
- ☐ 4 peppercorns black
- ☐ 6 cups home made clam broth
- ☐ 8 cups clam broth hot
- ☐ 1 tablespoon chervil fresh finely chopped

- ☐ 1 tablespoon tarragon fresh finely chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 0.3 cup heavy cream
- ☐ 1 large leek light green washed and finely sliced up to part
- ☐ 4 servings leek broth
- ☐ 2 lobster tail pieces split
- ☐ 12 mussels with 3 sprigs parsley, 3 sprigs thyme, and 1 clove crushed garlic steamed
- ☐ 2 tablespoons olive oil
- ☐ 3 tablespoons olive oil
- ☐ 1 small onion spanish finely chopped
- ☐ 1 tablespoon parsley finely chopped
- ☐ 4 sprigs parsley
- ☐ 4 servings salt and pepper freshly ground
- ☐ 4 scallops
- ☐ 1 shallots finely sliced
- ☐ 8 shrimp
- ☐ 1 cup white wine

Equipment

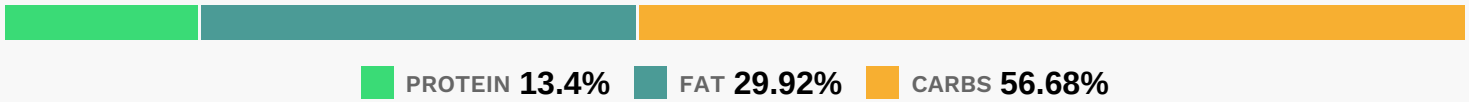
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ ramekin
- ☐ immersion blender

Directions

- ☐ Heat olive oil in a medium saucepan over medium heat.

- ☐ Add shallot and leek and cook until soft. Increase heat to high, add wine and cook until reduced.
- ☐ Add clam stock, bay leaf, parsley, and peppercorns and bring to a simmer, cook for 30 minutes. Hit with an immersion blender and strain into a clean pan. Bring to a simmer, add cream, cook for 1 minute, add fine herbs, and season with salt and pepper.
- ☐ Heat the oil in medium saucepan, add onion and garlic, and cook until soft. Stir in arborio rice to coat.
- ☐ Add wine and cook until reduced.
- ☐ Add broth 2 cups at a time and cook until al dente. Season with salt and pepper to taste. Pack into small ramekins and unmold onto a shallow bowl.
- ☐ Divide seafood and asparagus among the bowls around the risotto. Ladle broth over and garnish with fine herbs.

Nutrition Facts



Properties

Glycemic Index:146.5, Glycemic Load:70.91, Inflammation Score:-10, Nutrition Score:41.823913361715%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 7.34mg, Isorhamnetin: 7.34mg, Isorhamnetin: 7.34mg, Isorhamnetin: 7.34mg Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 19.48mg, Quercetin: 19.48mg, Quercetin: 19.48mg, Quercetin: 19.48mg

Nutrients (% of daily need)

Calories: 786.14kcal (39.31%), Fat: 24.78g (38.13%), Saturated Fat: 6.28g (39.26%), Carbohydrates: 105.63g (35.21%), Net Carbohydrates: 99.13g (36.05%), Sugar: 12.31g (13.67%), Cholesterol: 99.65mg (33.22%), Sodium: 3790.5mg (164.8%), Alcohol: 6.18g (100%), Alcohol %: 0.62% (100%), Protein: 24.98g (49.96%), Manganese: 2.51mg (125.38%), Vitamin K: 102.49µg (97.61%), Folate: 338.7µg (84.68%), Selenium: 52.28µg (74.69%), Vitamin A: 3574.27IU (71.49%), Vitamin B12: 3.57µg (59.47%), Iron: 9.88mg (54.88%), Vitamin B1: 0.82mg (54.63%), Copper:

1.03mg (51.32%), Phosphorus: 397.17mg (39.72%), Vitamin B3: 6.69mg (33.43%), Vitamin E: 4.59mg (30.57%), Zinc: 4.04mg (26.9%), Vitamin B6: 0.54mg (26.86%), Fiber: 6.5g (25.99%), Magnesium: 95.41mg (23.85%), Vitamin B5: 2.37mg (23.66%), Potassium: 806.11mg (23.03%), Vitamin C: 17.62mg (21.36%), Vitamin B2: 0.35mg (20.69%), Calcium: 155.31mg (15.53%), Vitamin D: 0.24µg (1.59%)