



Seared Scallops on Shrimp and Truffle Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



460 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup arborio rice
- 2 tablespoons butter ()
- 24 ounce bottled clam juice
- 0.3 cup cooking wine dry white
- 2 tablespoons chives fresh chopped
- 1 garlic clove minced
- 1 cup low-salt chicken broth
- 3 tablespoons olive oil

- 0.3 cup onion chopped
- 6 large sea scallops
- 6 large shrimp diced deveined uncooked peeled
- 6 servings truffle oil
- 1 tablespoon vegetable oil

Equipment

- bowl
- frying pan
- sauce pan
- slotted spoon

Directions

- Bring clam juice and broth to simmer in medium saucepan. Reduce heat to low; cover to keep warm.
- Heat olive oil in heavy medium saucepan over medium-high heat.
- Add shrimp; sauté 1 minute. Using slotted spoon, transfer to bowl.
- Add onion to pan; sauté until translucent, about 1 minute.
- Add garlic; sauté 15 seconds.
- Add rice; stir 1 minute.
- Add wine; simmer until absorbed, about 1 minute.
- Add 1 cup clam juice mixture to rice; simmer until liquid is absorbed, stirring often. Continue adding liquid 1 cup at a time and stirring often, allowing each addition to be absorbed before adding next, until rice is tender but still firm to bite, about 20 minutes. Stir in butter and shrimp. Season with salt and pepper.
- Heat vegetable oil in heavy medium skillet over high heat. Sear scallops until golden brown and just opaque in center, about 1 minute per side. Divide risotto among 6 plates.
- Place 1 scallop atop risotto on each plate, drizzle lightly with truffle oil, sprinkle with chives, and serve.
- *Available at Italian markets, specialty foods stores, and some supermarkets.

Nutrition Facts

PROTEIN 8.32% FAT 55.29% CARBS 36.39%

Properties

Glycemic Index:41.5, Glycemic Load:21.1, Inflammation Score:-5, Nutrition Score:10.215217372646%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 460.31kcal (23.02%), Fat: 27.9g (42.93%), Saturated Fat: 5.81g (36.33%), Carbohydrates: 41.32g (13.77%), Net Carbohydrates: 39.79g (14.47%), Sugar: 4.21g (4.68%), Cholesterol: 33.33mg (11.11%), Sodium: 583.44mg (25.37%), Alcohol: 1.03g (100%), Alcohol %: 0.48% (100%), Protein: 9.45g (18.89%), Folate: 93.44µg (23.36%), Vitamin E: 3.45mg (22.98%), Manganese: 0.42mg (21.14%), Vitamin K: 19.34µg (18.42%), Phosphorus: 183.74mg (18.37%), Vitamin B1: 0.22mg (14.66%), Selenium: 9.5µg (13.57%), Vitamin B3: 2.41mg (12.07%), Iron: 2.01mg (11.18%), Copper: 0.17mg (8.75%), Vitamin B6: 0.17mg (8.64%), Vitamin B12: 0.5µg (8.4%), Vitamin C: 6.9mg (8.36%), Potassium: 271.11mg (7.75%), Vitamin A: 330.19IU (6.6%), Magnesium: 26.13mg (6.53%), Zinc: 0.94mg (6.28%), Fiber: 1.54g (6.14%), Vitamin B5: 0.61mg (6.12%), Vitamin B2: 0.05mg (3.09%), Calcium: 25.43mg (2.54%)