



## Shrimp and Bay-Scallop Risotto with Mushrooms

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



512 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1.3 cups arborio rice
- 0.5 pound bay scallops
- 1 tablespoon butter
- 4 cups chicken broth low-sodium homemade canned
- 2 cups bottled clam juice
- 0.5 ounce porcini dried
- 0.3 cup cooking wine dry white

- 4 cloves garlic minced
- 0.5 pound mushrooms cut into thin slices
- 1 tablespoon olive oil
- 1 onion chopped
- 1 teaspoon salt
- 0.5 pound shrimp shelled
- 0.7 cup water boiling

## Equipment

- bowl
- paper towels
- sauce pan
- pot
- sieve

## Directions

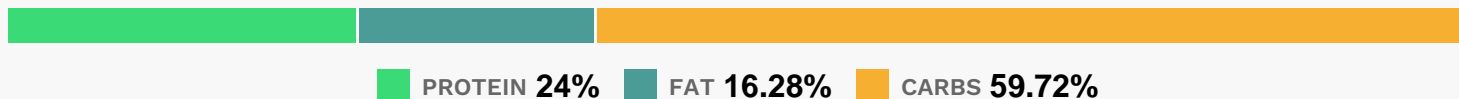
- In a small bowl, soak the dried mushrooms in the boiling water until softened, about 15 minutes.
- Remove the mushrooms and strain their liquid into a medium saucepan through a sieve lined with a paper towel. Rinse the mushrooms well to remove any remaining grit and chop them.
- Add the broth and clam juice to the mushroom-soaking liquid and bring to a simmer.
- In a large pot, heat the oil and butter over moderately low heat.
- Add the onion and cook, stirring occasionally, until translucent, about 5 minutes.
- Add the garlic and rice and stir until the rice begins to turn opaque, about 2 minutes.
- Add the fresh mushrooms and cook for 1 minute.
- Add the wine and salt and cook, stirring, until the wine has been absorbed.
- Stir in the dried mushrooms and 1/2 cup of the simmering stock; cook, stirring frequently, until the stock has been absorbed. The rice and the stock should bubble gently; adjust the heat as needed. Continue cooking the rice, adding the stock 1/2 cup at a time and allowing the rice to absorb the stock before adding the next 1/2 cup. Cook the rice until almost tender, about 25

minutes, and then add the shrimp and scallops. Cook, stirring, until the rice is tender and the shrimp and scallops are done, about 5 minutes longer. The stock should be thickened by the starch from the rice. You may not need to use all of the liquid.



Wine Recommendation: The full flavor of shrimp is reason enough to drink a full-bodied chardonnay with this dish. Try a bottle from California or Australia.

## Nutrition Facts



## Properties

Glycemic Index:59, Glycemic Load:40.45, Inflammation Score:-7, Nutrition Score:22.938695591429%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

## Nutrients (% of daily need)

Calories: 512.38kcal (25.62%), Fat: 9.15g (14.08%), Saturated Fat: 2.97g (18.58%), Carbohydrates: 75.53g (25.18%), Net Carbohydrates: 71.8g (26.11%), Sugar: 6.77g (7.52%), Cholesterol: 112.42mg (37.47%), Sodium: 1400.95mg (60.91%), Alcohol: 1.54g (100%), Alcohol %: 0.29% (100%), Protein: 30.35g (60.7%), Phosphorus: 529.18mg (52.92%), Folate: 183.9µg (45.97%), Copper: 0.91mg (45.55%), Vitamin B3: 9.09mg (45.46%), Manganese: 0.89mg (44.37%), Selenium: 24.69µg (35.27%), Vitamin B1: 0.46mg (30.54%), Vitamin B5: 2.71mg (27.11%), Potassium: 920.15mg (26.29%), Vitamin B2: 0.41mg (24.15%), Iron: 4.35mg (24.14%), Vitamin B6: 0.41mg (20.75%), Zinc: 2.97mg (19.79%), Vitamin B12: 1.1µg (18.33%), Magnesium: 70.23mg (17.56%), Fiber: 3.73g (14.91%), Vitamin C: 10.2mg (12.36%), Calcium: 78.08mg (7.81%), Vitamin A: 266.24IU (5.32%), Vitamin E: 0.73mg (4.86%), Vitamin K: 2.57µg (2.45%), Vitamin D: 0.25µg (1.68%)