



## Shrimp and Fennel Risotto

 Gluten Free

READY IN



74 min.

SERVINGS



5

CALORIES



363 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup arborio rice uncooked
- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon butter
- 0.7 cup cooking wine dry white
- 32 ounce less-sodium chicken broth fat-free
- 1.5 tablespoons fennel fronds minced
- 1.5 cups fennel bulb finely chopped ( 1 medium)
- 2 garlic cloves minced

- 1 teaspoon lemon rind grated
- 1.3 ounces parmesan cheese fresh shredded divided
- 0.3 cup shallots minced ( 2 large)
- 1.5 pounds shrimp deveined peeled

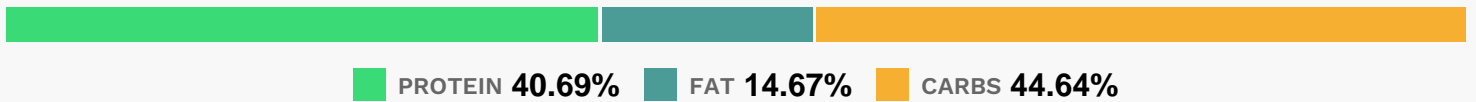
## Equipment

- bowl
- sauce pan

## Directions

- Bring broth to a simmer in a medium saucepan (do not boil). Keep warm over low heat.
- Melt butter in a large saucepan over medium-high heat.
- Add fennel bulb, shallots, and garlic, and saut 4 minutes or until tender.
- Add rice, and cook 2 minutes, stirring constantly.
- Add wine, and cook until liquid is nearly absorbed, stirring constantly.
- Add warm broth, 1/2 cup at a time, stirring constantly; cook until each portion of broth is absorbed before adding the next (about 30 minutes total).
- Stir in shrimp, fennel fronds, lemon rind, and pepper; cook 8 minutes or until shrimp are done, stirring occasionally. Stir in 1/4 cup Parmesan cheese. Spoon risotto into bowls; sprinkle with remaining Parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:71.2, Glycemic Load:26.43, Inflammation Score:-6, Nutrition Score:15.405652035838%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg

0.12mg, Naringenin: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg  
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg,  
Quercetin: 0.1mg, Quercetin: 0.1mg

## **Nutrients (% of daily need)**

Calories: 362.54kcal (18.13%), Fat: 5.52g (8.49%), Saturated Fat: 2.91g (18.17%), Carbohydrates: 37.8g (12.6%), Net  
Carbohydrates: 35.23g (12.81%), Sugar: 2.8g (3.11%), Cholesterol: 230.25mg (76.75%), Sodium: 1062.69mg (46.2%),  
Alcohol: 3.3g (100%), Alcohol %: 0.94% (100%), Protein: 34.46g (68.92%), Phosphorus: 432.63mg (43.26%),  
Copper: 0.69mg (34.57%), Manganese: 0.66mg (32.85%), Folate: 107.54µg (26.88%), Calcium: 211.54mg (21.15%),  
Vitamin K: 20.07µg (19.12%), Potassium: 648.46mg (18.53%), Magnesium: 73.6mg (18.4%), Iron: 3.21mg (17.84%),  
Zinc: 2.67mg (17.83%), Selenium: 12.33µg (17.62%), Vitamin B1: 0.26mg (17.09%), Vitamin B3: 2.95mg (14.73%), Fiber:  
2.56g (10.25%), Vitamin B6: 0.19mg (9.4%), Vitamin B5: 0.9mg (9.01%), Vitamin B12: 0.46µg (7.64%), Vitamin C:  
5.5mg (6.67%), Vitamin B2: 0.1mg (6.02%), Vitamin A: 171.81IU (3.44%), Vitamin E: 0.27mg (1.78%)