



Shrimp and Fennel Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



443 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.7 cup arborio rice
- 1 cup chicken broth
- 0.3 cup cooking wine dry white
- 1 small fennel bulb including fronds if possible (sometimes called anise)
- 1 small onion
- 6 ounces shrimp (12 to 15)
- 1 tablespoon butter unsalted
- 3 cups water

Equipment

- bowl
- sauce pan

Directions

- Peel and devein shrimp. Halve shrimp lengthwise and in a bowl season with salt. Finely chop onion. Trim fennel stalks flush with bulb, reserving fronds and discarding stalks, and trim any discolored outer layers. Halve bulb lengthwise and discard core. Finely chop bulb. Finely chop enough reserved fronds to measure about 2 tablespoons.
- In a 1 1/2-quart saucepan bring broth and water to a simmer and keep at a bare simmer.
- In a 2-quart heavy saucepan cook onion and fennel bulb in butter over moderately low heat, stirring, until softened.
- Add rice and cook, stirring, 2 minutes. Increase heat to moderate and add wine. Cook mixture, stirring, 1 minute. Stir in 1/2 cup simmering broth and cook, stirring constantly and keeping at a strong simmer, until broth is absorbed. Continue cooking and adding broth, about 1/2 cup at a time, stirring constantly and letting each addition be absorbed before adding next, until rice is tender and creamy-looking but still al dente, 18 to 20 minutes total. (There will be broth left over.)
- Stir shrimp into risotto and cook, stirring constantly, until shrimp are just cooked through, about 3 minutes. If desired, thin risotto to desired consistency with some leftover broth.
- Stir in fennel fronds if using and salt and pepper to taste and serve risotto immediately.

Nutrition Facts

 **PROTEIN 22.8%**  **FAT 14.85%**  **CARBS 62.35%**

Properties

Glycemic Index:84.5, Glycemic Load:44.79, Inflammation Score:-8, Nutrition Score:21.309130523516%

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 Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Hesperetin: 0.12mg,

Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.39mg, Quercetin: 7.39mg, Quercetin: 7.39mg, Quercetin: 7.39mg

Nutrients (% of daily need)

Calories: 443.07kcal (22.15%), Fat: 6.97g (10.73%), Saturated Fat: 3.91g (24.44%), Carbohydrates: 65.88g (21.96%), Net Carbohydrates: 59.79g (21.74%), Sugar: 6.88g (7.64%), Cholesterol: 154.33mg (51.44%), Sodium: 620.05mg (26.96%), Alcohol: 3.09g (100%), Alcohol %: 0.48% (100%), Protein: 24.1g (48.19%), Vitamin K: 74.23µg (70.69%), Manganese: 1.08mg (53.87%), Folate: 192.75µg (48.19%), Phosphorus: 325.77mg (32.58%), Copper: 0.64mg (32.01%), Vitamin B1: 0.43mg (28.73%), Potassium: 854.8mg (24.42%), Fiber: 6.09g (24.35%), Iron: 4.35mg (24.19%), Vitamin C: 16.63mg (20.16%), Vitamin B3: 3.82mg (19.12%), Magnesium: 76.35mg (19.09%), Selenium: 11.63µg (16.62%), Zinc: 2.33mg (15.51%), Calcium: 141.54mg (14.15%), Vitamin B5: 1.2mg (12.04%), Vitamin B6: 0.23mg (11.31%), Vitamin B2: 0.16mg (9.12%), Vitamin A: 334.76IU (6.7%), Vitamin E: 0.89mg (5.97%)