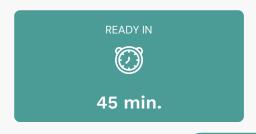


Shrimp and Goat Cheese Risotto

Gluten Free







SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

8.5 ounces arborio rice
0.5 cup basil chopped
1 quart 3%-less-sodium low-sodium cannec
0.5 cup wine dry white
O.3 teaspoon ginger fresh finely grated
2 garlic clove minced
1.5 ounces goat cheese fresh soft

0.3 teaspoon lemon zest finely grated

	2 tablespoons olive oil extra virgin extra-virgin
	1 small onion finely chopped
	2 tablespoons parmesan cheese freshly grated
	4 servings salt and pepper freshly ground
	0.8 pound shrimp shelled deveined
	1 tablespoon butter unsalted
Εq	uipment
	sauce pan
	slotted spoon
Di	rections
H	In a medium saucepan, bring the stock to a simmer.
	Add the shrimp, cover and simmer over moderate heat until just cooked, about 2 minutes. With a slotted spoon, transfer the shrimp to a plate to cool. Cover the stock and keep it at barely a simmer.
	In a medium saucepan, melt the butter in the olive oil.
	Add the garlic and onion and cook over low heat, stirring, until softened, about 4 minutes.
	Add the rice and cook over moderate heat, stirring, until it is coated with oil, about 1 minute.
	Add the wine and simmer until almost evaporated, about 3 minutes.
	Add 1 scant cup of the simmering stock and cook, stirring constantly, until it is absorbed. Continue to add the stock, 1 cup at a time, stirring constantly until it is absorbed. The risotto is done when the rice is tender but still slightly firm and creamy, about 25 minutes total. Stir in the shrimp.
	Remove the risotto from the heat and stir in the basil, goat cheese, Parmesan, ginger and lemon zest. Season the risotto with salt and pepper and serve.
	Wine Recommendation: A crisp Sauvignon Blanc echoes the tang of the goat cheese in this seafood risotto. Look for a lively example from South Africa, such as the 2001 Thelema or the 2001 Simunye.

Nutrition Facts

Properties

Glycemic Index:59.75, Glycemic Load:38.36, Inflammation Score:-7, Nutrition Score:16.212174021679%

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, Hesperetin: 0.12mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 486.06kcal (24.3%), Fat: 14.99g (23.06%), Saturated Fat: 5.3g (33.16%), Carbohydrates: 53.87g (17.96%), Net Carbohydrates: 51.79g (18.83%), Sugar: 1.47g (1.63%), Cholesterol: 151.52mg (50.51%), Sodium: 452.57mg (19.68%), Alcohol: 3.09g (100%), Alcohol %: 0.85% (100%), Protein: 28.89g (57.78%), Manganese: 0.78mg (39.18%), Phosphorus: 368.62mg (36.86%), Folate: 146.43µg (36.61%), Copper: 0.68mg (34.18%), Vitamin B3: 5.86mg (29.3%), Vitamin B1: 0.36mg (24.16%), Iron: 3.98mg (22.12%), Vitamin K: 17.36µg (16.53%), Zinc: 2.36mg (15.71%), Potassium: 544.53mg (15.56%), Selenium: 10.65µg (15.21%), Magnesium: 55.76mg (13.94%), Calcium: 118.65mg (11.87%), Vitamin B6: 0.22mg (10.75%), Vitamin B2: 0.16mg (9.61%), Vitamin B5: 0.91mg (9.1%), Fiber: 2.08g (8.32%), Vitamin E: 1.15mg (7.67%), Vitamin A: 377.71IU (7.55%), Vitamin B12: 0.3µg (4.94%), Vitamin C: 2.47mg (2.99%)