



Shrimp and Goat Cheese Risotto

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



486 kcal

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 canned
- ☐ 0.5 cup wine dry white
- ☐ 0.3 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

Equipment

- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ 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, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, 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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg 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%)