



Shrimp and Zucchini Barley Risotto

READY IN



50 min.

SERVINGS



4

CALORIES



364 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 1 teaspoon butter
- 3.5 cups less-sodium chicken broth fat-free
- 1 tablespoon olive oil
- 2 cups onion chopped
- 0.5 cup parmesan cheese fresh grated
- 1 cup lightly pearled barley
- 0.3 teaspoon salt
- 0.5 pound shrimp deveined peeled

2 cups zucchini chopped

Equipment

frying pan

sauce pan

Directions

Bring broth to a simmer in a medium saucepan; keep warm.

Heat oil in a large non-stick skillet over medium-high heat.

Add zucchini and onion; saut 5 minutes or until tender, stirring frequently.

Add barley; cook 1 minute, stirring constantly.

Stir in 1 cup broth; cook 5 minutes or until liquid is nearly absorbed, stirring frequently. Stir in 1/2 cup broth and salt.

Add remaining broth, 1/2 cup at a time, stirring frequently until each portion of broth is absorbed before adding the next (about 25 minutes).

Add shrimp; cook 4 minutes. Stir in cheese, butter, and pepper.

Nutrition Facts



PROTEIN 25.23% **FAT 22.26%** **CARBS 52.51%**

Properties

Glycemic Index:37.75, Glycemic Load:1.96, Inflammation Score:-7, Nutrition Score:17.775217218244%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.65mg, Quercetin: 16.65mg, Quercetin: 16.65mg, Quercetin: 16.65mg

Nutrients (% of daily need)

Calories: 363.74kcal (18.19%), Fat: 9.23g (14.2%), Saturated Fat: 3.44g (21.52%), Carbohydrates: 48.98g (16.33%), Net Carbohydrates: 39.19g (14.25%), Sugar: 5.74g (6.38%), Cholesterol: 102.47mg (34.16%), Sodium: 1246.22mg (54.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.54g (47.08%), Manganese: 0.93mg (46.27%), Fiber:

9.8g (39.18%), Phosphorus: 387.59mg (38.76%), Selenium: 26.57µg (37.96%), Copper: 0.54mg (26.92%), Calcium: 235.75mg (23.58%), Magnesium: 86.13mg (21.53%), Vitamin C: 17.02mg (20.63%), Vitamin B3: 3.82mg (19.09%), Vitamin B6: 0.37mg (18.32%), Potassium: 640.59mg (18.3%), Zinc: 2.54mg (16.97%), Iron: 2.35mg (13.06%), Vitamin B2: 0.22mg (12.98%), Vitamin B1: 0.18mg (11.94%), Folate: 44.49µg (11.12%), Vitamin B12: 0.55µg (9.16%), Vitamin B5: 0.66mg (6.63%), Vitamin K: 6.6µg (6.28%), Vitamin A: 265.8IU (5.32%), Vitamin E: 0.66mg (4.41%)