



Shrimp Risotto with Baby Spinach and Basil

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



506 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 9.5 ounces arborio rice medium-grain white
- 6 ounce baby spinach
- 0.5 cup wine dry white
- 0.3 cup basil fresh chopped
- 2 large garlic clove minced
- 6 cups chicken broth ()
- 2 tablespoons olive oil
- 1.5 cups onion chopped

- 0.5 cup parmesan cheese freshly grated
- 6 servings parmesan cheese grated
- 1 pound shrimp deveined uncooked peeled

Equipment

- bowl
- sauce pan
- aluminum foil
- slotted spoon

Directions

- Bring 6 cups broth to simmer in medium saucepan.
- Add shrimp. Turn off heat, cover, and let stand until shrimp are just opaque in center, about 3 minutes. Using slotted spoon, transfer shrimp to small bowl; cover with foil to keep warm. Cover broth to keep warm.
- Heat oil in heavy large saucepan over medium heat.
- Add chopped onion and sauté until tender, about 5 minutes.
- Add minced garlic and stir 1 minute.
- Add rice and stir until edge of rice is translucent but center is still opaque, about 2 minutes.
- Add wine and cook until wine is absorbed, stirring occasionally, about 2 minutes.
- Add 3/4 cup chicken broth. Simmer until almost all broth is absorbed, stirring often, about 2 minutes. Continue to add broth, 3/4 cup at a time, until rice is just tender and mixture is creamy, stirring often and allowing almost all broth to be absorbed after each addition, about 25 minutes total. During last 5 minutes, add spinach in 4 batches, stirring and allowing spinach to wilt after each addition.
- Mix in shrimp, 1/2 cup Parmesan cheese, and basil. Season risotto to taste with salt and pepper. Spoon risotto into shallow bowls and serve, passing additional cheese separately.

Nutrition Facts



PROTEIN 28.69% FAT 31.96% CARBS 39.35%

Properties

Glycemic Index:42.67, Glycemic Load:29.24, Inflammation Score:-10, Nutrition Score:27.25217380731%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 9.27mg, Quercetin: 9.27mg, Quercetin: 9.27mg, Quercetin: 9.27mg

Nutrients (% of daily need)

Calories: 505.99kcal (25.3%), Fat: 17.6g (27.07%), Saturated Fat: 7.18g (44.9%), Carbohydrates: 48.76g (16.25%), Net Carbohydrates: 46.16g (16.78%), Sugar: 2.35g (2.62%), Cholesterol: 155.06mg (51.69%), Sodium: 857.34mg (37.28%), Alcohol: 2.06g (100%), Alcohol %: 0.53% (100%), Protein: 35.54g (71.08%), Vitamin K: 144.8µg (137.9%), Vitamin A: 3043.56IU (60.87%), Phosphorus: 549.44mg (54.94%), Calcium: 440.73mg (44.07%), Manganese: 0.88mg (44.03%), Folate: 169.5µg (42.37%), Selenium: 20.84µg (29.78%), Copper: 0.59mg (29.28%), Vitamin B3: 5.4mg (26.99%), Zinc: 3.66mg (24.43%), Iron: 3.94mg (21.89%), Potassium: 744.98mg (21.29%), Vitamin B1: 0.31mg (20.52%), Magnesium: 81.85mg (20.46%), Vitamin B2: 0.29mg (17.28%), Vitamin C: 11.42mg (13.84%), Vitamin B6: 0.26mg (12.93%), Vitamin B12: 0.75µg (12.56%), Fiber: 2.6g (10.39%), Vitamin E: 1.46mg (9.73%), Vitamin B5: 0.79mg (7.87%), Vitamin D: 0.19µg (1.28%)