



Shrimp with Arugula Pesto Risotto

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup arborio rice
- 2 cups arugula fresh
- 0.5 ounce butter
- 2.5 cups chicken stock see hot
- 1 tablespoon lemon zest
- 0.5 cup olive oil
- 2 tablespoons olive oil
- 0.3 cup onions chopped

- 0.5 cup parsley leaves
- 6 servings salt and pepper
- 1 pound shrimp deveined peeled
- 0.5 cup white wine

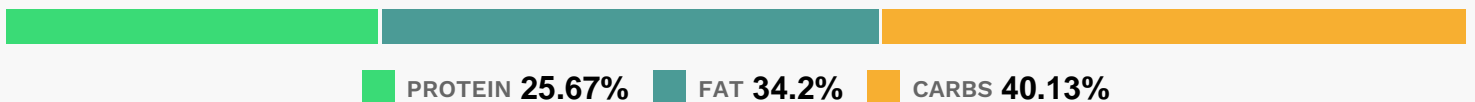
Equipment

- food processor
- pot

Directions

- To make the pesto combine all of the ingredients into a food processor and blend until a paste is formed and set aside.
- Using a saucepot, combine the rice and the butter and mix well over medium heat. Cook it stirring until a roasted aroma develops.
- Add the liquid in several additions, stirring the rice frequently. Cook the risotto until the rice is al dente, and most of the liquid is absorbed, it should take about 20 minutes. The texture should be creamy.
- Add the pesto to the risotto and mix well. Cook another minute.
- Saute the shrimp in olive oil until pink and tails are curled, about 3 to 5 minutes. To serve, plate the risotto in the center of the plate and top with the shrimp.
- This recipe was provided by professional chefs and has been scaled down from a bulk recipe provided by a restaurant. The FN chefs have not tested this recipe, in the proportions indicated, and therefore, we cannot make any representation as to the results.

Nutrition Facts



Properties

Glycemic Index:39.67, Glycemic Load:21.18, Inflammation Score:-7, Nutrition Score:14.673043305783%

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: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg Kaempferol: 2.45mg, Kaempferol: 2.45mg, Kaempferol: 2.45mg, Kaempferol: 2.45mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 332.61kcal (16.63%), Fat: 12.03g (18.51%), Saturated Fat: 2.81g (17.59%), Carbohydrates: 31.78g (10.59%), Net Carbohydrates: 30.35g (11.04%), Sugar: 2.28g (2.53%), Cholesterol: 129.79mg (43.26%), Sodium: 448.37mg (19.49%), Alcohol: 2.06g (100%), Alcohol %: 0.95% (100%), Protein: 20.32g (40.65%), Vitamin K: 94.72µg (90.2%), Folate: 97.73µg (24.43%), Phosphorus: 233.03mg (23.3%), Copper: 0.44mg (21.83%), Manganese: 0.43mg (21.63%), Vitamin B1: 0.24mg (15.69%), Vitamin B3: 3.07mg (15.36%), Iron: 2.54mg (14.14%), Vitamin A: 642.07IU (12.84%), Vitamin C: 9.63mg (11.68%), Potassium: 408.44mg (11.67%), Magnesium: 46.63mg (11.66%), Zinc: 1.64mg (10.97%), Selenium: 7.34µg (10.49%), Vitamin E: 1.35mg (8.97%), Calcium: 75.39mg (7.54%), Vitamin B6: 0.15mg (7.36%), Vitamin B2: 0.12mg (6.94%), Fiber: 1.42g (5.7%), Vitamin B5: 0.5mg (5.01%)