



Squid Risotto



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



453 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 oz arborio rice
- ☐ 4 servings bottled clam juice mixed with 3 cups water
- ☐ 1 cup wine dry white
- ☐ 5.5 cups fish stock
- ☐ 0.8 cup parsley fresh
- ☐ 0.5 teaspoon rosemary leaves fresh chopped
- ☐ 4 garlic clove minced
- ☐ 1 teaspoon juice of lemon fresh to taste

- ☐ 4 servings lemon wedges
- ☐ 1 tablespoon olive oil
- ☐ 2 teaspoons oregano fresh chopped to taste
- ☐ 1 pinch pepper dried red hot
- ☐ 1 lb squid rings cleaned

Equipment

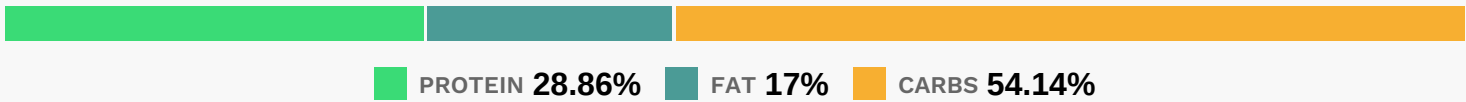
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Pat squid dry, then cut bodies lengthwise into 1/4-inch-wide strips and quarter tentacles lengthwise. Season with salt and pepper.
- ☐ Heat 1 teaspoon oil in a 12-inch nonstick skillet over high heat until hot but not smoking, then cook oregano, rosemary, red pepper flakes, and 1 teaspoon garlic, stirring, until fragrant, about 30 seconds.
- ☐ Add squid strips and tentacles and sauté, stirring constantly, until opaque and curled, about 1 minute. (Do not overcook, or squid will toughen.)
- ☐ Transfer to a sieve set over a bowl to catch juices squid releases.
- ☐ Combine squid juices from bowl with fish stock in a saucepan and bring to a simmer. Season with salt and keep at a bare simmer.
- ☐ Heat remaining 2 teaspoons oil in a large heavy saucepan over moderate heat until hot but not smoking, then cook remaining garlic, stirring frequently, until pale golden, 2 to 3 minutes. Stir in rice and cook, stirring constantly, until rice is translucent, 4 to 5 minutes.
- ☐ Add wine and cook, stirring constantly, until absorbed. Stir in 1 cup simmering broth mixture and cook at a strong simmer, stirring frequently, until broth is absorbed. Continue cooking at a strong simmer and adding broth, 1/2 cup at a time, stirring frequently and letting each addition be absorbed before adding the next, until rice is tender but still al dente and creamy looking, 18 to 20 minutes total. (There may be broth left over.)
- ☐ Stir in squid and parsley and cook just until heated through, about 1 minute.

- ☐ Add lemon juice and salt and pepper to taste.
- ☐ Each serving about 386 calories and 4 grams fat.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:47.38, Glycemic Load:36.15, Inflammation Score:-9, Nutrition Score:33.20260860609%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 24.24mg, Apigenin: 24.24mg, Apigenin: 24.24mg, Apigenin: 24.24mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 1.73mg, Myricetin: 1.73mg, Myricetin: 1.73mg, Myricetin: 1.73mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 453.43kcal (22.67%), Fat: 7.53g (11.59%), Saturated Fat: 1.45g (9.06%), Carbohydrates: 53.97g (17.99%), Net Carbohydrates: 51.48g (18.72%), Sugar: 1.14g (1.26%), Cholesterol: 264.22mg (88.07%), Sodium: 1131.55mg (49.2%), Alcohol: 6.18g (100%), Alcohol %: 1.33% (100%), Protein: 28.77g (57.54%), Vitamin K: 193.81µg (184.58%), Copper: 2.47mg (123.45%), Selenium: 62.27µg (88.96%), Vitamin B3: 9.69mg (48.44%), Phosphorus: 428.97mg (42.9%), Folate: 170.69µg (42.67%), Manganese: 0.82mg (40.86%), Vitamin B2: 0.62mg (36.73%), Vitamin B12: 1.81µg (30.17%), Iron: 5.19mg (28.81%), Vitamin C: 22.32mg (27.05%), Vitamin B1: 0.36mg (24.3%), Potassium: 744.3mg (21.27%), Vitamin A: 1025.38IU (20.51%), Zinc: 2.95mg (19.68%), Calcium: 181.54mg (18.15%), Vitamin E: 2.65mg (17.68%), Magnesium: 69.15mg (17.29%), Vitamin B6: 0.28mg (14.22%), Vitamin B5: 1.4mg (14%), Fiber: 2.49g (9.97%)