



Weeknight Shrimp and Onion "Risotto"

 Gluten Free

READY IN



55 min.

SERVINGS



55

CALORIES



28 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 Tbsp butter divided
- 2 cups chicken broth
- 0.3 cup parsley fresh finely chopped
- 0.3 tsp ground pepper black
- 2 cups rice white instant uncooked
- 1 large onion chopped
- 0.3 cup parmesan cheese grated kraft
- 1 lb shrimp frozen thawed cooked

2.5 cups mushrooms fresh white assorted chopped (and shiitake)

Equipment

frying pan

Directions

- Melt 1 Tbsp. of the butter in large deep nonstick skillet on medium-high heat.
- Add mushrooms; cook and stir 7 to 8 min. or until tender and golden brown.
- Remove from skillet.
- Add remaining 1 Tbsp. butter and onions to skillet; cook and stir on medium heat 7 to 8 min. or until onions are tender and golden brown. Stir in rice until well blended.
- Add broth and pepper; stir. Bring to boil. Reduce heat to medium-low; cover. Simmer 5 min. or until rice is tender.
- Stir in shrimp and parsley; cover and let stand 10 min. or until shrimp are heated through.
- Add mushrooms and cheese; stir.

Nutrition Facts



Properties

Glycemic Index:3.15, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:1.5013043388076%

Flavonoids

Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 27.83kcal (1.39%), Fat: 0.7g (1.07%), Saturated Fat: 0.38g (2.36%), Carbohydrates: 3.11g (1.04%), Net Carbohydrates: 2.95g (1.07%), Sugar: 0.24g (0.27%), Cholesterol: 15.09mg (5.03%), Sodium: 56.24mg (2.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.63%), Vitamin K: 4.55µg (4.33%), Phosphorus: 30.36mg (3.04%), Copper: 0.05mg (2.74%), Selenium: 1.84µg (2.62%), Folate: 10.33µg (2.58%), Vitamin B1: 0.04mg (2.4%), Manganese: 0.05mg (2.26%), Vitamin B3: 0.4mg (2.01%), Iron: 0.29mg (1.63%), Vitamin B2: 0.03mg (1.57%), Zinc:

0.22mg (1.46%), Calcium: 12.96mg (1.3%), Potassium: 44.88mg (1.28%), Magnesium: 4.45mg (1.11%)