

# Prawn & Avocado Risotto

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/best-italian-prawn-recipe>

## Ingredients:

- 5 cups vegetable stock
- 25 grams butter
- 1 tablespoon olive oil
- 1 brown onion diced
- 3 cloves garlic crushed
- 2 cups arborio rice
- 2/3 cup white wine
- 500 grams prawns uncooked & tails removed
- 1 cup Parmesan grated
- 1 lemon juice from lemon only
- 2 avocados diced
- 1/4 cup chives chopped

## Nutrition:

1. Calories: 850 calories
2. Carbohydrate: 97 grams
3. Cholesterol: 165 milligrams
4. Fat: 32 grams
5. Fiber: 11 grams
6. Protein: 37 grams
7. SaturatedFat: 10 grams
8. Sodium: 1700 milligrams
9. Sugar: 6 grams

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