

Bay Scallop Risotto with Prosciutto

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-bay-scallops-recipe>

Ingredients:

- 3 tablespoons olive oil
- 1 small onion dice
- salt to taste
- 2 teaspoons minced garlic about 2 medium garlic cloves
- 1 cup arborio rice
- 1/2 cup dry white wine
- 1/2 cup prosciutto diced
- 1 tablespoon saffron optional
- 3 cups chicken broth
- 8 ounces bay scallops
- 1/4 cup chopped parsley
- 1/4 cup grated Parmesan cheese freshly

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 30 milligrams
4. Fat: 16 grams
5. Fiber: 2 grams
6. Protein: 23 grams
7. SaturatedFat: 3 grams
8. Sodium: 650 milligrams

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