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## **Creamy Shrimp Risotto**

Yield: 4 min Total Time: 50 min

Recipe from: https://www.recipeschoose.com/recipes/italian-shrimp-risotto-recipe

## **Ingredients:**

- 2 tablespoons brummel & brown spread
- 1/2 pound uncooked medium shrimp, peeled and deveined
- 2 cloves garlic finely chopped
- 1 red bell pepper, sliced
- 1 sweet onion
- 1 cup arborio rice
- 1/4 cup dry white wine or chicken broth
- 3 cups chicken broth
- 2 tablespoons grated Parmesan cheese
- 2 tablespoons flat-leaf parsley

## **Nutrition:**

Calories: 360 calories
Carbohydrate: 51 grams
Cholesterol: 90 milligrams

4. Fat: 7 grams5. Fiber: 3 grams6. Protein: 21 grams

7. SaturatedFat: 1.5 grams8. Sodium: 240 milligrams

9. Sugar: 6 grams

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