



Bacon and Leek Risotto

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



380 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups arborio rice uncooked
- ☐ 4 slices bacon
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 5 cups chicken stock see unsalted (such as Swanson)
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1.5 tablespoons thyme sprigs fresh chopped
- ☐ 2 garlic clove minced
- ☐ 0.5 teaspoon kosher salt

- ☐ 4 cups leek thinly sliced (4 large)
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup parmesan grated
- ☐ 0.5 cup shallots sliced
- ☐ 1.5 tablespoons butter unsalted
- ☐ 2 cups water

Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring stock and 2 cups water to a simmer in a medium saucepan (do not boil). Keep warm over low heat.
- ☐ Cook bacon in a large nonstick skillet over medium heat until crisp.
- ☐ Remove bacon from pan; crumble.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add leek, shallots, thyme, and garlic to pan; saut 4 minutes or until tender. Stir in rice; cook 2 minutes. Stir in 1/2 cup stock mixture; cook 5 minutes or until liquid is nearly absorbed, stirring constantly. Reserve 1/3 cup stock mixture.
- ☐ Add remaining stock mixture, 1/4 cup at a time, stirring constantly until liquid is absorbed before adding more (about 25 minutes total). Stir in lemon juice, butter, pepper, salt, and Parmigiano-Reggiano.
- ☐ Remove pan from heat. Stir in reserved 1/3 cup stock mixture.
- ☐ Sprinkle with reserved bacon and chopped parsley.
- ☐ Serve immediately.

Nutrition Facts



 PROTEIN **12.63%**  FAT **28.93%**  CARBS **58.44%**

Properties

Glycemic Index:38.75, Glycemic Load:33.9, Inflammation Score:-9, Nutrition Score:16.767826329107%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 379.71kcal (18.99%), Fat: 12.12g (18.64%), Saturated Fat: 4.66g (29.14%), Carbohydrates: 55.07g (18.36%), Net Carbohydrates: 52.09g (18.94%), Sugar: 5.43g (6.04%), Cholesterol: 21.65mg (7.22%), Sodium: 548.14mg (23.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.9g (23.8%), Manganese: 0.85mg (42.38%), Folate: 159.95µg (39.99%), Vitamin K: 39.5µg (37.62%), Vitamin B1: 0.41mg (27.18%), Vitamin B3: 5.14mg (25.72%), Iron: 3.98mg (22.12%), Selenium: 15.24µg (21.77%), Vitamin A: 1013.64IU (20.27%), Vitamin B6: 0.38mg (19.2%), Phosphorus: 176.11mg (17.61%), Vitamin C: 11.94mg (14.47%), Copper: 0.28mg (14.2%), Calcium: 124.17mg (12.42%), Vitamin B2: 0.21mg (12.2%), Fiber: 2.98g (11.92%), Potassium: 376.92mg (10.77%), Magnesium: 41.22mg (10.31%), Vitamin B5: 0.86mg (8.63%), Zinc: 1.23mg (8.21%), Vitamin E: 0.85mg (5.67%), Vitamin B12: 0.13µg (2.24%)