



Bacon and Sweet Pea Risotto

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



752 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 slices oscar mayer bacon cut into 1-inch pieces
- 43.5 oz chicken broth canned
- 4 oz philadelphia cream cheese cubed ()
- 2 Tbsp parsley fresh chopped
- 2 cloves garlic minced
- 1 onion chopped
- 0.3 cup parmesan cheese shredded divided kraft
- 1 cup peas frozen thawed

1.5 cups rice medium-grain white uncooked

Equipment

frying pan

paper towels

slotted spoon

Directions

Cook bacon in large skillet on medium-high heat 5 min. or just until bacon is crisp, stirring occasionally.

Remove bacon from skillet with slotted spoon, reserving drippings in skillet.

Drain bacon on paper towels.

Add onions to drippings; cook 4 to 5 min. or until crisp-tender, stirring occasionally.

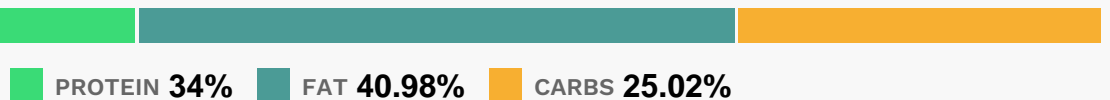
Add rice and garlic; cook 3 min. or until rice is opaque, stirring frequently. Gradually add 1/2 can broth, cook and stir 3 min. or until broth is completely absorbed. Repeat with remaining broth, stirring in cream cheese with the last addition of broth and cooking 5 min. or cream cheese is completely melted and mixture is well blended.

Stir in peas; cook 2 min. or until heated through, stirring occasionally.

Remove from heat. Stir in bacon, parsley and 1 Tbsp. Parmesan.

Serve topped with remaining Parmesan.

Nutrition Facts



Properties

Glycemic Index:41.42, Glycemic Load:23.99, Inflammation Score:-7, Nutrition Score:22.284348011017%

Flavonoids

Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 3.74mg, Quercetin: 3.74mg,

Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 752.13kcal (37.61%), Fat: 33.39g (51.37%), Saturated Fat: 12.16g (76.01%), Carbohydrates: 45.89g (15.3%), Net Carbohydrates: 43.54g (15.83%), Sugar: 2.97g (3.3%), Cholesterol: 139.21mg (46.4%), Sodium: 1267.54mg (55.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.34g (124.68%), Selenium: 52.46µg (74.94%), Phosphorus: 482.16mg (48.22%), Zinc: 6.47mg (43.11%), Vitamin B12: 2.26µg (37.62%), Vitamin B3: 7.14mg (35.68%), Manganese: 0.65mg (32.5%), Vitamin B6: 0.62mg (30.78%), Vitamin K: 32.1µg (30.57%), Iron: 3.68mg (20.42%), Vitamin B2: 0.34mg (20.15%), Vitamin A: 950.34IU (19.01%), Magnesium: 67.48mg (16.87%), Vitamin C: 13.02mg (15.78%), Potassium: 536.76mg (15.34%), Copper: 0.27mg (13.65%), Calcium: 124.31mg (12.43%), Vitamin B1: 0.17mg (11.66%), Fiber: 2.35g (9.41%), Vitamin B5: 0.78mg (7.76%), Folate: 30.95µg (7.74%), Vitamin E: 1.02mg (6.8%), Vitamin D: 0.31µg (2.1%)