



Bacon and Wild Mushroom Risotto with Baby Spinach

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



495 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup arborio rice medium-grain uncooked
- ☐ 2 ounces asiago cheese fresh grated
- ☐ 4 cups baby spinach
- ☐ 6 slices bacon chopped
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 cups chicken stock see homemade
- ☐ 4 ounces cremini mushrooms sliced

- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 0.3 cup madeira wine dry
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 4 ounces oyster mushrooms sliced
- ☐ 0.5 teaspoon salt
- ☐ 1 cup shallots chopped
- ☐ 4 ounces mushroom caps stemmed sliced

Equipment

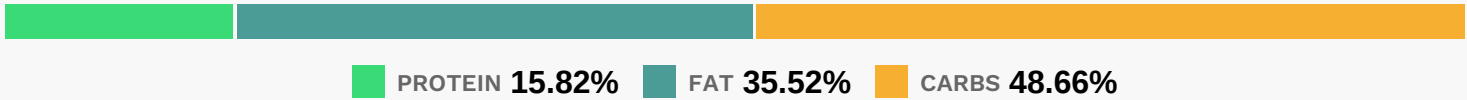
- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Bring Homemade Chicken Stock to a simmer in a small saucepan (do not boil); keep warm over low heat.
- ☐ Heat a large Dutch oven over medium heat.
- ☐ Add bacon to pan; cook 8 minutes or until crisp, stirring occasionally.
- ☐ Remove bacon from pan with a slotted spoon.
- ☐ Add shallots, oil, thyme, and garlic to drippings in pan; cook 6 minutes or until shallots are tender, stirring occasionally. Stir in mushrooms; cook 8 minutes, stirring occasionally.
- ☐ Add rice, and cook 1 minute, stirring constantly. Stir in Madeira; cook 1 minute or until the liquid is nearly absorbed, stirring constantly. Stir in 1 cup stock; cook 4 minutes or until the liquid is nearly absorbed, stirring constantly.
- ☐ Add remaining stock, 1/2 cup at a time, stirring constantly until each portion of stock is absorbed before adding the next (about 25 minutes total). Stir in spinach; cook 1 minute.
- ☐ Remove from heat; stir in cheese, salt, and pepper.
- ☐ Sprinkle with bacon.

Wine note: A light-bodied pinot noir can echo the smoky and earthy flavors of Bacon and Wild Mushroom Risotto with Baby Spinach, without overpowering the dish as a bigger red wine might. Redtree Pinot Noir 2008 (\$8), from California, shows this grape's aromatic earthiness, along with snappy, tart berry fruit that provides a palate-cleansing contrast to the creamy texture of this dish. Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:65, Glycemic Load:32.39, Inflammation Score:-10, Nutrition Score:28.969565370808%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 494.93kcal (24.75%), Fat: 19.15g (29.46%), Saturated Fat: 6.49g (40.54%), Carbohydrates: 59.02g (19.67%), Net Carbohydrates: 54.3g (19.74%), Sugar: 8.31g (9.23%), Cholesterol: 30.9mg (10.3%), Sodium: 897.46mg (39.02%), Alcohol: 1.65g (100%), Alcohol %: 0.48% (100%), Protein: 19.19g (38.38%), Vitamin K: 118.83µg (113.17%), Manganese: 1.04mg (51.92%), Folate: 200.01µg (50%), Vitamin A: 2387.12IU (47.74%), Vitamin B3: 9.25mg (46.24%), Selenium: 28.18µg (40.25%), Vitamin B1: 0.52mg (34.54%), Phosphorus: 340.62mg (34.06%), Vitamin B6: 0.64mg (32.22%), Vitamin B2: 0.55mg (32.14%), Potassium: 882.86mg (25.22%), Copper: 0.5mg (25.15%), Iron: 4.49mg (24.95%), Calcium: 197.27mg (19.73%), Vitamin B5: 1.96mg (19.58%), Fiber: 4.72g (18.89%), Magnesium: 69.29mg (17.32%), Zinc: 2.44mg (16.29%), Vitamin C: 12.3mg (14.91%), Vitamin E: 1.11mg (7.4%), Vitamin B12: 0.29µg (4.85%), Vitamin D: 0.43µg (2.9%)