

Bacon Risotto



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



699 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups arborio rice
- ☐ 0.5 pound bacon diced
- ☐ 2 tablespoons butter
- ☐ 5 cups chicken stock see
- ☐ 4 cloves garlic minced
- ☐ 0.5 onion diced
- ☐ 0.3 cup parmesan cheese grated
- ☐ 4 servings salt and pepper black to taste

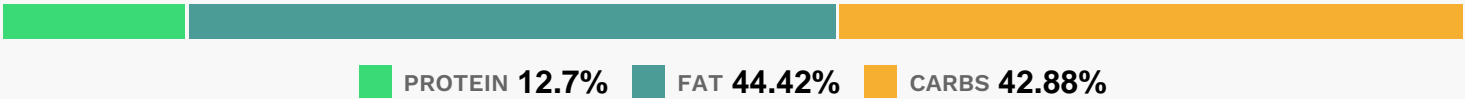
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cook and stir the diced bacon in a large skillet over medium heat until browned, about 10 minutes.
- ☐ Drain the bacon and reserve.
- ☐ Bring the chicken stock to a boil in a saucepan over high heat; reduce heat to low to keep the chicken stock hot.
- ☐ Heat 2 tablespoons butter in a large, heavy-bottomed saucepan over medium-high heat.
- ☐ Add the onion and garlic; cook and stir until the onion begins to turn golden brown at the edges, about 2 minutes.
- ☐ Pour in the rice and stir until the rice is coated in butter and has started to toast, 2 to 3 minutes. Reduce heat to medium; stir in one-third of the hot chicken stock and continue stirring until the rice has absorbed the liquid and turned creamy. Repeat this process twice more, stirring constantly. Stirring in the broth should take 15 to 20 minutes in all. When finished, the rice should be tender, yet slightly firm.
- ☐ Remove the risotto from the heat and stir in the remaining 2 tablespoons of butter, the Parmesan cheese, and the reserved bacon. Season to taste with salt and pepper before serving.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:47.52, Inflammation Score:-7, Nutrition Score:19.280869577242%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 699.41kcal (34.97%), Fat: 33.95g (52.23%), Saturated Fat: 13.18g (82.39%), Carbohydrates: 73.73g (24.58%), Net Carbohydrates: 71.34g (25.94%), Sugar: 5.36g (5.96%), Cholesterol: 66.91mg (22.3%), Sodium: 1154.33mg (50.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.84g (43.68%), Vitamin B3: 10.15mg (50.75%), Folate: 191.54µg (47.88%), Vitamin B1: 0.7mg (46.64%), Selenium: 32.07µg (45.82%), Manganese: 0.86mg (42.88%), Phosphorus: 283.78mg (28.38%), Vitamin B6: 0.52mg (26.05%), Iron: 4.15mg (23.03%), Vitamin B2: 0.37mg (21.64%), Copper: 0.36mg (18.01%), Potassium: 529.59mg (15.13%), Zinc: 2.25mg (15%), Vitamin B5: 1.34mg (13.43%), Magnesium: 40.51mg (10.13%), Fiber: 2.4g (9.59%), Calcium: 79.73mg (7.97%), Vitamin B12: 0.38µg (6.33%), Vitamin A: 259.52IU (5.19%), Vitamin E: 0.53mg (3.55%), Vitamin C: 2.55mg (3.1%), Vitamin D: 0.26µg (1.72%), Vitamin K: 1.3µg (1.24%)