



Baked Risotto

READY IN



100 min.

SERVINGS



8

CALORIES



375 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup arborio rice
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup breadcrumbs plain
- ☐ 8 servings butter for greasing the pan
- ☐ 4 large eggs beaten at room temperature
- ☐ 0.3 cup flour all-purpose
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 teaspoon kosher salt

- ☐ 0.5 cup parmesan grated
- ☐ 1 cup peas frozen thawed
- ☐ 4 ounces pancetta thinly sliced coarsely chopped
- ☐ 2 cups tomato-basil sauce
- ☐ 3 tablespoons butter unsalted at room temperature
- ☐ 1.3 cups milk whole at room temperature

Equipment

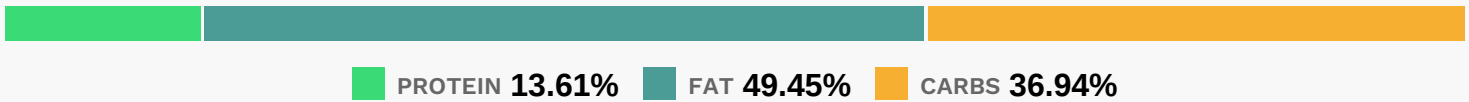
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ aluminum foil
- ☐ broiler
- ☐ spatula
- ☐ springform pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Place an oven rack in the center of the oven. Preheat the oven to 350 degrees F. Butter the bottom and sides of a 9-inch springform pan. Wrap the outside of the pan with foil.
- ☐ For the rice: Bring the marinara sauce and rice to a boil in a medium saucepan over medium-high heat, stirring occasionally. Reduce the heat to a simmer and cook for 6 minutes.
- ☐ Remove the pan from the heat and set aside to cool.
- ☐ For the bechamel sauce: Melt the butter in a 1-quart saucepan over medium-low heat.
- ☐ Add the flour and whisk until smooth, 1 to 2 minutes. Gradually add the milk, whisking constantly to prevent lumps. Simmer over medium-low heat, whisking constantly, until the sauce is thick and smooth, about 6 minutes.

- ☐ Remove the pan from the heat and stir in the salt and nutmeg.
- ☐ Mix together the bechamel sauce, rice mixture, 1/2 cup of the Parmesan, prosciutto and peas in a medium bowl. Slowly mix in the eggs, salt and pepper.
- ☐ Pour the mixture into the prepared springform pan and cover with foil.
- ☐ Place in a shallow roasting pan.
- ☐ Add enough hot water to come halfway up the side of the springform pan.
- ☐ Bake for 1 hour.
- ☐ Preheat the broiler.
- ☐ Remove the foil and sprinkle the top with the remaining 1/3 cup Parmesan and the breadcrumbs. Broil just enough to melt the cheese and create a crispy crust, about 2 minutes. Cool for 15 minutes. Loosen the risotto from the sides of the pan by running a thin metal spatula around the edge.
- ☐ Remove the sides of the pan.
- ☐ Cut into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:52.29, Glycemic Load:19.25, Inflammation Score:-6, Nutrition Score:12.725217363109%

Nutrients (% of daily need)

Calories: 374.72kcal (18.74%), Fat: 20.39g (31.38%), Saturated Fat: 9.91g (61.91%), Carbohydrates: 34.27g (11.42%), Net Carbohydrates: 31.21g (11.35%), Sugar: 5.56g (6.18%), Cholesterol: 133.22mg (44.41%), Sodium: 646.38mg (28.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.63g (25.26%), Selenium: 19.32µg (27.6%), Folate: 94.02µg (23.51%), Vitamin B1: 0.34mg (22.48%), Manganese: 0.42mg (21.13%), Phosphorus: 209.39mg (20.94%), Vitamin A: 833.5IU (16.67%), Calcium: 162.63mg (16.26%), Vitamin B2: 0.28mg (16.24%), Iron: 2.46mg (13.68%), Vitamin B3: 2.59mg (12.94%), Fiber: 3.06g (12.25%), Vitamin C: 8.75mg (10.61%), Vitamin B5: 1.03mg (10.27%), Vitamin B12: 0.61µg (10.12%), Vitamin B6: 0.19mg (9.51%), Zinc: 1.42mg (9.48%), Potassium: 305.17mg (8.72%), Vitamin D: 1.09µg (7.24%), Magnesium: 26.93mg (6.73%), Copper: 0.13mg (6.5%), Vitamin K: 5.92µg (5.64%), Vitamin E: 0.62mg (4.16%)