



Cheese-and-Bacon Risotto

 Gluten Free

READY IN



32 min.

SERVINGS



4

CALORIES



454 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup arborio rice uncooked (short-grain)
- ☐ 2 tablespoons butter
- ☐ 1 cup freshly cheddar cheese shredded extra-sharp
- ☐ 0.3 cup bacon crumbled cooked
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 garlic clove minced
- ☐ 2 green onions thinly sliced
- ☐ 0.3 cup chicken broth low-sodium

- ☐ 2.8 cups chicken broth low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 3 tablespoons pimientos diced jarred drained
- ☐ 4 servings salt and pepper to taste
- ☐ 0.5 cup onion sweet finely chopped

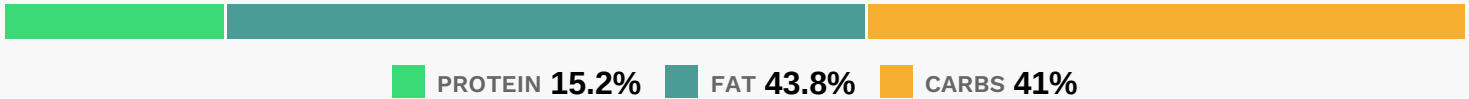
Equipment

- ☐ bowl
- ☐ oven
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Stir together first 4 ingredients in a medium-size microwave-safe bowl. Microwave at HIGH 3 minutes. Stir in rice, and microwave at HIGH 2 minutes.
- ☐ Stir in 2 3/4 cups broth and 1/4 cup wine. Cover tightly with plastic wrap. (Do not vent). Microwave at HIGH 9 minutes. Carefully swirl bowl without uncovering (to incorporate the mixture), and microwave at HIGH 8 minutes. Carefully remove and discard plastic wrap. Stir in cheese, pimiento, and 1/4 cup chicken broth, stirring 30 seconds to 1 minute or until creamy.
- ☐ Add 1/4 cup additional broth, 1 Tbsp. at a time, if necessary, for desired consistency. Season with salt and pepper to taste; sprinkle with crumbled bacon and sliced green onions just before serving.
- ☐ Note: For testing purposes only, we used Rice Select Risotto Italian-Style Rice, an 1,100-watt microwave oven, and a 2 1/2-liter glass bowl. We found that self-sealing plastic wraps, such as GLAD Press'n Seal, do not work in this application.

Nutrition Facts



Properties

Glycemic Index:70.25, Glycemic Load:31.91, Inflammation Score:-7, Nutrition Score:14.590434608252%

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: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 453.81kcal (22.69%), Fat: 21.69g (33.37%), Saturated Fat: 10.91g (68.19%), Carbohydrates: 45.68g (15.23%), Net Carbohydrates: 43.67g (15.88%), Sugar: 2g (2.22%), Cholesterol: 53.39mg (17.8%), Sodium: 694.45mg (30.19%), Alcohol: 1.54g (100%), Alcohol %: 0.6% (100%), Protein: 16.94g (33.88%), Folate: 131.04µg (32.76%), Manganese: 0.59mg (29.35%), Phosphorus: 245.49mg (24.55%), Vitamin B3: 4.66mg (23.32%), Selenium: 15.9µg (22.71%), Calcium: 221.96mg (22.2%), Vitamin B1: 0.31mg (20.48%), Vitamin C: 14.02mg (17%), Iron: 2.98mg (16.56%), Vitamin A: 816.77IU (16.34%), Vitamin K: 16.98µg (16.17%), Vitamin B2: 0.22mg (13.19%), Zinc: 1.87mg (12.48%), Copper: 0.23mg (11.53%), Vitamin B6: 0.2mg (9.95%), Potassium: 289.46mg (8.27%), Vitamin B12: 0.49µg (8.14%), Vitamin B5: 0.8mg (8.04%), Fiber: 2.01g (8.04%), Vitamin E: 1.01mg (6.74%), Magnesium: 26.52mg (6.63%), Vitamin D: 0.17µg (1.13%)