



Chicken Carbonara Risotto

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



94 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 oz cream of chicken soup canned
- 2 cup rice white instant uncooked
- 1 Tbsp oil
- 0.3 cup parmesan cheese grated kraft
- 1 cup peas frozen
- 0.3 cup oscar mayer real bacon bits
- 1 lb chicken breasts boneless skinless cut into thin strips
- 1.5 cup water

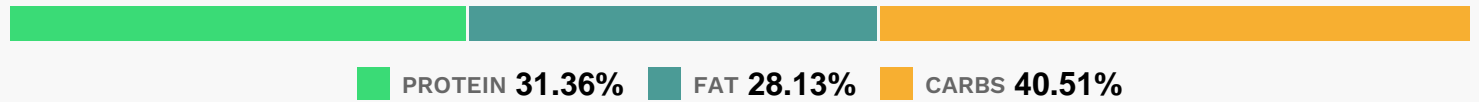
Equipment

frying pan

Directions

- Heat oil in large skillet on medium heat.
- Add chicken; cook and stir 4 min. or until done.
- Add water, soup and peas; bring to boil. Stir in rice; cover. Simmer on medium–low heat 5 min.
- Remove from heat.
- Stir in bacon bits and cheese.

Nutrition Facts



Properties

Glycemic Index:4.37, Glycemic Load:0.72, Inflammation Score:-2, Nutrition Score:4.7834782211677%

Nutrients (% of daily need)

Calories: 93.66kcal (4.68%), Fat: 2.87g (4.41%), Saturated Fat: 0.83g (5.22%), Carbohydrates: 9.29g (3.1%), Net Carbohydrates: 8.72g (3.17%), Sugar: 0.49g (0.55%), Cholesterol: 18.75mg (6.25%), Sodium: 192.17mg (8.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.19g (14.39%), Selenium: 11.29µg (16.13%), Vitamin B3: 3.18mg (15.88%), Vitamin B6: 0.19mg (9.68%), Phosphorus: 77.92mg (7.79%), Vitamin B1: 0.12mg (7.71%), Folate: 29.63µg (7.41%), Manganese: 0.13mg (6.43%), Iron: 0.89mg (4.93%), Vitamin B5: 0.4mg (3.99%), Vitamin C: 3.19mg (3.86%), Potassium: 113.17mg (3.23%), Zinc: 0.44mg (2.94%), Vitamin K: 2.95µg (2.81%), Copper: 0.06mg (2.78%), Vitamin B2: 0.05mg (2.68%), Magnesium: 10.68mg (2.67%), Fiber: 0.58g (2.31%), Vitamin A: 98.88IU (1.98%), Calcium: 18.41mg (1.84%), Vitamin E: 0.26mg (1.74%), Vitamin B12: 0.06µg (1.04%)