



Clam Risotto with Bacon and Chives

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



757 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups arborio rice
- ☐ 0.3 pound bacon thin
- ☐ 3 cups bottled clam juice
- ☐ 1 cup clams drained chopped
- ☐ 1 cup cooking wine dry white
- ☐ 3 cloves garlic minced
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 4 tablespoons olive oil

- ☐ 1 onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons scallion tops fresh chopped
- ☐ 3 cups water

Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ In a medium saucepan, bring the clam juice and water to a simmer.
- ☐ In a large pot, cook the bacon until crisp.
- ☐ Remove the bacon from the pot and pour off all the fat. In the same pot, heat the oil over moderately low heat.
- ☐ Add the onion and garlic and cook, stirring occasionally, until the onion is translucent, about 5 minutes.
- ☐ Add the rice to the pot and stir until it begins to turn opaque, about 2 minutes.
- ☐ Add the wine and salt and cook, stirring frequently, until all the wine has been absorbed.
- ☐ Add the bacon and about 1/2 cup of the simmering clam juice to the rice and cook, stirring frequently, until the liquid has been completely absorbed. The rice and liquid should bubble gently; adjust the heat as needed. Continue cooking the rice, adding clam juice 1/2 cup at a time and allowing the rice to absorb the liquid before adding the next 1/2 cup. Cook the rice in this way until tender, 25 to 30 minutes in all. The liquid that hasn't been absorbed should be thickened by the starch from the rice. You may not need to use all of the clam juice, or you may need to add some water.
- ☐ Stir in the chives, pepper, and clams. Cook, stirring, until the clams are just done, about 1 minute. Taste for salt and add more salt if needed.
- ☐ Wine Recommendation: To make this risotto sing, serve it with a nicely acidic, herbal Verdicchio di Matelica or Verdicchio di Castelli di Jesi.

Nutrition Facts



Properties

Glycemic Index:64.5, Glycemic Load:63.73, Inflammation Score:-8, Nutrition Score:20.815217608991%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg

Nutrients (% of daily need)

Calories: 757.01kcal (37.85%), Fat: 26.27g (40.41%), Saturated Fat: 5.88g (36.72%), Carbohydrates: 104.3g (34.77%), Net Carbohydrates: 100.19g (36.43%), Sugar: 7.68g (8.53%), Cholesterol: 21.26mg (7.09%), Sodium: 994.85mg (43.25%), Alcohol: 6.18g (100%), Alcohol %: 1.31% (100%), Protein: 12.97g (25.94%), Manganese: 1.27mg (63.61%), Folate: 253.9µg (63.47%), Vitamin B1: 0.7mg (46.92%), Selenium: 24.66µg (35.22%), Vitamin B3: 5.82mg (29.11%), Iron: 5.14mg (28.53%), Vitamin B6: 0.45mg (22.49%), Phosphorus: 195.92mg (19.59%), Vitamin B12: 1.16µg (19.28%), Vitamin B5: 1.69mg (16.87%), Copper: 0.33mg (16.57%), Fiber: 4.11g (16.45%), Vitamin E: 2.4mg (16.03%), Vitamin C: 12.92mg (15.66%), Vitamin K: 13.83µg (13.17%), Magnesium: 49.14mg (12.29%), Zinc: 1.8mg (11.98%), Potassium: 394.23mg (11.26%), Vitamin A: 399.79IU (8%), Vitamin B2: 0.12mg (6.9%), Calcium: 45.91mg (4.59%)