



Courgette, bacon & brie gratin

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



577 kcal

SIDE DISH

Ingredients

- ☐ 3 tbsp olive oil
- ☐ 600 g zucchini sliced
- ☐ 4 bacon smoked chopped
- ☐ 1 onion chopped
- ☐ 1 small garlic clove crushed
- ☐ 200 g arborio rice
- ☐ 150 ml wine dry white
- ☐ 850 ml vegetable stock with bouillon powder hot

☐ 160 g round of président brie plain

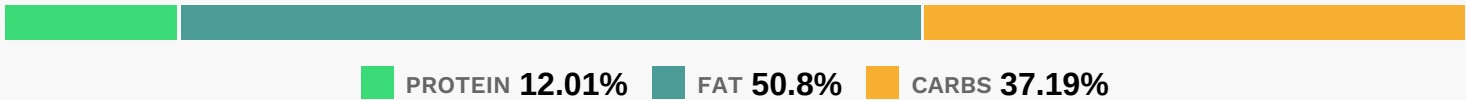
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ grill
- ☐ slotted spoon

Directions

- ☐ Heat 2 tablespoons of the oil in a large heavy saucepan, tip in the courgettes and fry for 10–12 minutes until tinged golden.
- ☐ Remove with a slotted spoon and set aside.
- ☐ Heat the remaining oil in the pan and add the bacon, onion and garlic. Cook over a low heat for about 6–8 minutes or until softened and lightly golden. Tip in the rice and stir until the grains start to pop.
- ☐ Pour in the wine and stand back while it sizzles and absorbs into the rice. Stir well, then pour in about one third of the hot stock and increase the heat to moderate. Cook, stirring frequently, until the stock is absorbed. Repeat with the remaining stock, in two batches. This should take about 20 minutes, and the rice should be tender.Preheat the grill on its highest setting.
- ☐ Remove the rice from the heat, gently fold in the courgettes and season to taste. Tip everything into a big flameproof dish. Slice the brie and lay on top of the rice.
- ☐ Put the dish under the hot grill for 3–4 minutes until the brie is bubbling.

Nutrition Facts



Properties

Glycemic Index:60.25, Glycemic Load:33.83, Inflammation Score:-8, Nutrition Score:19.557825954064%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg

Nutrients (% of daily need)

Calories: 576.52kcal (28.83%), Fat: 31.08g (47.82%), Saturated Fat: 11.54g (72.14%), Carbohydrates: 51.21g (17.07%), Net Carbohydrates: 47.83g (17.39%), Sugar: 7.26g (8.07%), Cholesterol: 54.52mg (18.17%), Sodium: 1257.37mg (54.67%), Alcohol: 3.92g (100%), Alcohol %: 0.9% (100%), Protein: 16.54g (33.08%), Folate: 183.13µg (45.78%), Manganese: 0.89mg (44.63%), Vitamin C: 29.12mg (35.3%), Vitamin B1: 0.45mg (30.32%), Vitamin B6: 0.54mg (27.19%), Selenium: 18.35µg (26.22%), Vitamin B2: 0.4mg (23.81%), Phosphorus: 227.35mg (22.73%), Vitamin A: 995.14IU (19.9%), Vitamin B3: 3.85mg (19.24%), Iron: 3.19mg (17.73%), Potassium: 604.13mg (17.26%), Zinc: 2.34mg (15.62%), Vitamin B5: 1.4mg (14.03%), Magnesium: 55.88mg (13.97%), Fiber: 3.38g (13.53%), Vitamin K: 13.97µg (13.3%), Vitamin B12: 0.77µg (12.83%), Vitamin E: 1.89mg (12.59%), Calcium: 111.41mg (11.14%), Copper: 0.22mg (10.79%), Vitamin D: 0.29µg (1.92%)