



Crispy Bacon-Wrapped Chicken with Three Cheese Creamy Risotto and Arugula Fennel Salad

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



1819 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 cups arborio rice
- 2 cups baby arugula washed trimmed
- 16 slices bacon thick cut
- 1 bay leaf dry
- 1 tablespoon butter
- 2 tablespoons butter diced cold

- 1 cup chicken stock see
- 3 cups chicken stock see
- 1 small fennel bulb thinly sliced
- 1 bunch basil fresh
- 0.3 cup basil leaves fresh thinly sliced
- 1 bottle light-bodied wine dry red such as pinot noir or beaujolais
- 2 cloves garlic roughly chopped
- 3 cloves garlic minced
- 1 ounce goat cheese
- 4 servings kosher salt and pepper black freshly ground
- 2 tablespoons mascarpone cheese
- 2 tablespoons meyer lemon juice freshly squeezed
- 1 tablespoon olive oil
- 1 tablespoon olive oil extra-virgin
- 2 tablespoons olive oil
- 2 cup pancetta diced thick ()
- 0.3 cup parmesan cheese grated
- 4 servings salt and pepper black freshly ground
- 1 shallots finely chopped
- 2 shallots sliced
- 4 chicken breast halves boneless skinless organic trimmed
- 0.5 cup white wine

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk

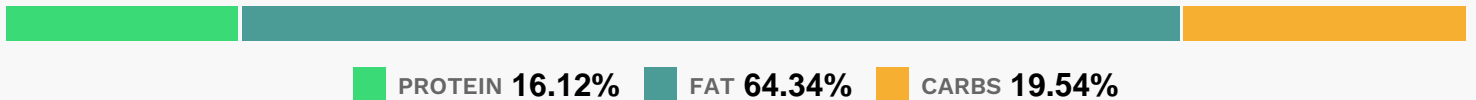
- pot
- cutting board

Directions

- Preheat the oven to 375 degrees F.
- In a medium saucepot, over medium heat, combine the wine, shallots, and garlic and bring to a simmer.
- Add the basil, cloves, and bay leaf, and let simmer until the liquid is reduced to about 1 cup. When reduced, add the chicken stock, and continue to simmer until reduced by half. Strain into another sauce pan and stir in the butter. Season the mixture with salt, and pepper, to taste. Keep warm.
- Season the chicken lightly with salt, and pepper, to taste.
- Lay 4 slices of bacon crosswise on a cutting board with the slices slightly overlapping. Put a chicken breast on top of the bacon. Bring the bacon slices up and around the chicken so the entire breast is wrapped. Repeat with the remaining chicken breasts and bacon.
- In a large oven-proof skillet, heat 2 tablespoons olive oil over medium heat. Get the pan and oil hot, and then add the bacon-wrapped chicken and cook until the bacon is crispy on both sides, about 8 minutes per side.
- Transfer the pan to the oven and bake, until the chicken is cooked through, about 15 to 18 minutes.
- Whisk together the lemon juice and olive oil. Season the salad with salt, and pepper, to taste.
- Put the arugula and fennel into a large bowl and toss until well coated.
- Scoop some risotto nicely into the center of each plate, making sure it has some height so the chicken can stand up.
- Cut the chicken on a bias and put on top of the risotto.
- Drizzle some of the red wine sauce around the plate and directly over the chicken. Top each plate with some arugula salad and serve.
- Serving suggestion: Three Cheese Creamy Risotto, recipe follows.
- Heat a large pot (wider is better than taller) over medium heat and add the olive oil and pancetta. Cook the pancetta until it begins to crisp, and then add the garlic and shallots. Cook the shallots and garlic until they begin to brown in color.
- Add the rice and stir well to coat. Cook the rice for 1 minute.

- Add wine and stir well. Stir the rice until the wine is almost completely absorbed.
- Add in some chicken stock until rice is just covered and stir again until the stock is absorbed into the rice. Continue to gradually add the stock, stirring well after each addition, until the rice is cooked through, but still has a bite. You may not use all of the stock.
- When rice is cooked, stir in the cheeses and basil.
- Remove from heat and stir in the butter. Season with salt, and pepper, to taste. The risotto should be smooth, creamy, rich, and delicious.

Nutrition Facts



Properties

Glycemic Index:153.25, Glycemic Load:44.93, Inflammation Score:-9, Nutrition Score:45.485216907833%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Petunidin: 3.71mg, Petunidin: 3.71mg, Petunidin: 3.71mg, Petunidin: 3.71mg Delphinidin: 3.77mg, Delphinidin: 3.77mg, Delphinidin: 3.77mg, Delphinidin: 3.77mg Malvidin: 25.97mg, Malvidin: 25.97mg, Malvidin: 25.97mg, Malvidin: 25.97mg Peonidin: 2.34mg, Peonidin: 2.34mg, Peonidin: 2.34mg, Peonidin: 2.34mg Catechin: 13.62mg, Catechin: 13.62mg, Catechin: 13.62mg, Catechin: 13.62mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 7.27mg, Epicatechin: 7.27mg, Epicatechin: 7.27mg, Epicatechin: 7.27mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg Naringenin: 3.54mg, Naringenin: 3.54mg, Naringenin: 3.54mg, Naringenin: 3.54mg Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 3.67mg, Kaempferol: 3.67mg, Kaempferol: 3.67mg, Kaempferol: 3.67mg Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 1818.68kcal (90.93%), Fat: 117.44g (180.67%), Saturated Fat: 40.44g (252.75%), Carbohydrates: 80.27g (26.76%), Net Carbohydrates: 75.61g (27.5%), Sugar: 9.53g (10.59%), Cholesterol: 254.45mg (84.82%), Sodium: 2093.26mg (91.01%), Alcohol: 22.97g (100%), Alcohol %: 2.94% (100%), Protein: 66.18g (132.37%), Selenium: 97.09µg (138.7%), Vitamin B3: 27.62mg (138.1%), Vitamin B6: 1.96mg (97.82%), Phosphorus: 825.65mg (82.57%), Vitamin B1: 1.15mg (76.84%), Vitamin K: 73.68µg (70.17%), Manganese: 1.36mg (67.79%), Folate: 210.18µg (52.54%), Potassium: 1782.25mg (50.92%), Vitamin B5: 4.04mg (40.39%), Vitamin B2: 0.67mg (39.43%), Iron: 6.78mg

(37.69%), Zinc: 5.12mg (34.14%), Magnesium: 130.68mg (32.67%), Copper: 0.55mg (27.72%), Vitamin E: 3.91mg (26.08%), Vitamin B12: 1.37µg (22.89%), Vitamin A: 1120.34IU (22.41%), Vitamin C: 16.57mg (20.09%), Calcium: 187.33mg (18.73%), Fiber: 4.65g (18.62%), Vitamin D: 1µg (6.65%)