



WHATSheATE



## Crispy Grilled Kale and Pancetta Risotto



Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



819 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 2 cups arborio rice
- ☐ 1 teaspoon garlic minced
- ☐ 6 oz kale
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 6.5 cups chicken broth reduced-sodium
- ☐ 0.5 cup mascarpone cheese
- ☐ 0.3 cup sun-dried olives dried chopped
- ☐ 3 tbsp olive oil divided

- ☐ 2 tablespoons onion finely chopped
- ☐ 0.5 teaspoon pepper divided
- ☐ 1 ounce speck diced thinly sliced
- ☐ 2 tablespoons butter unsalted cut into chunks
- ☐ 0.3 cup walnuts toasted chopped

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ grill
- ☐ slotted spoon

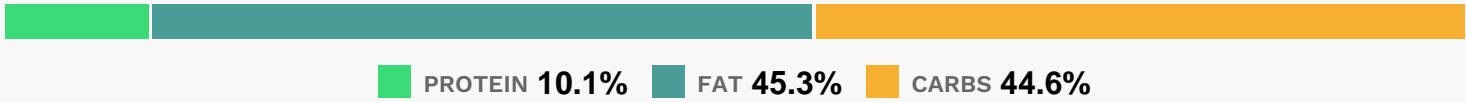
## Directions

- ☐ Heat grill to medium (350 to 450). In a large bowl, mix 1 tbsp. oil, the garlic, and 1/4 tsp. each salt and pepper.
- ☐ Add kale and toss to coat well. Dump onto grill, quickly arrange in a single layer, and grill, turning once, until streaked brown, 3 to 5 minutes. Set aside to crisp up, then slice into ribbons about 1/2 in. wide and 3 to 4 in. long.
- ☐ Brown pancetta in a medium saucepan over medium heat, about 4 minutes (if using speck, don't cook). With a slotted spoon, transfer pancetta to paper towels.
- ☐ Add enough oil to fat in pan to make 2 tbsp.
- ☐ Add rice to pan, reduce heat to medium, and cook, stirring, until rice starts to toast slightly, 1 to 2 minutes.
- ☐ Add onion, 1/2 tsp. salt, and 1/4 tsp. pepper; cook until onion is softened, 2 to 3 minutes.
- ☐ Add enough broth to just cover rice; cook, stirring constantly, until liquid is absorbed. Continue adding broth to just cover rice and stirring until it's barely tender, 15 to 18 minutes. If needed, add more broth so risotto is loose-textured; it will thicken a bit as it stands.
- ☐ Remove risotto from heat and loosely fold in pancetta, mascarpone, walnuts, butter, and tomatoes. Fold in most of kale and spoon into a serving dish. Top with remaining kale and

serve immediately.

☐ \*You can buy speck on amazon.com

## Nutrition Facts



### Properties

Glycemic Index:63.25, Glycemic Load:63.89, Inflammation Score:-10, Nutrition Score:35.620869600255%

### Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 10.29mg, Isorhamnetin: 10.29mg, Isorhamnetin: 10.29mg, Isorhamnetin: 10.29mg Kaempferol: 19.94mg, Kaempferol: 19.94mg, Kaempferol: 19.94mg, Kaempferol: 19.94mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.63mg, Quercetin: 10.63mg, Quercetin: 10.63mg, Quercetin: 10.63mg

### Nutrients (% of daily need)

Calories: 818.62kcal (40.93%), Fat: 41.68g (64.12%), Saturated Fat: 15.4g (96.23%), Carbohydrates: 92.34g (30.78%), Net Carbohydrates: 86.13g (31.32%), Sugar: 3.9g (4.34%), Cholesterol: 47.85mg (15.95%), Sodium: 645.91mg (28.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.91g (41.83%), Vitamin K: 176.32µg (167.92%), Vitamin A: 4883.05IU (97.66%), Manganese: 1.83mg (91.5%), Folate: 272.82µg (68.21%), Vitamin B3: 10.9mg (54.51%), Vitamin C: 43.14mg (52.3%), Vitamin B1: 0.71mg (47.11%), Iron: 6.76mg (37.58%), Copper: 0.69mg (34.64%), Phosphorus: 306.53mg (30.65%), Selenium: 17.98µg (25.68%), Fiber: 6.21g (24.83%), Potassium: 862.14mg (24.63%), Vitamin B2: 0.37mg (21.74%), Vitamin B6: 0.38mg (19.11%), Calcium: 188.87mg (18.89%), Magnesium: 71.73mg (17.93%), Vitamin B5: 1.59mg (15.86%), Zinc: 2.2mg (14.66%), Vitamin E: 2.06mg (13.72%), Vitamin B12: 0.43µg (7.18%)