



Easy Chicken Carbonara Risotto

 Gluten Free

READY IN



23 min.

SERVINGS



6

CALORIES



395 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup arborio rice
- 0.3 teaspoon pepper black
- 1 tablespoon bottled garlic minced
- 3 cups less-sodium chicken broth fat-free
- 0.5 cup green onions chopped
- 2 tablespoons butter light
- 8 ounce pre mushrooms
- 1 teaspoon olive oil

- 0.5 cup onion chopped
- 0.5 cup parmesan cheese fresh grated
- 1 cup peas green frozen
- 2 cups rotisserie chicken cut boneless skinless chopped
- 0.3 teaspoon salt
- 4 slices center-cut bacon

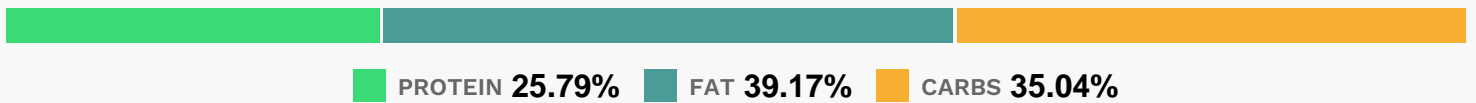
Equipment

- baking pan
- microwave

Directions

- Place butter and oil in an 8-inch square baking dish; microwave at HIGH 30 seconds. Stir in rice, onion, and garlic. Microwave at HIGH 2 minutes, stirring once. Stir in chicken broth; microwave at HIGH 6 minutes, stirring once. Stir in mushrooms; microwave at HIGH 6 minutes. Stir in chicken, peas, and green onions; microwave at HIGH 1 1/2 minutes. Cover and let stand 5 minutes.
- Microwave bacon at HIGH for 2 minutes or until crisp. Crumble and add to risotto. Stir in Parmesan cheese, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:51.06, Glycemic Load:22.79, Inflammation Score:-7, Nutrition Score:18.872608568357%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 394.69kcal (19.73%), Fat: 17.18g (26.43%), Saturated Fat: 6.74g (42.12%), Carbohydrates: 34.57g (11.52%), Net Carbohydrates: 31.36g (11.4%), Sugar: 3.14g (3.49%), Cholesterol: 67.99mg (22.66%), Sodium: 1020.06mg (44.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.45g (50.9%), Selenium: 33.92µg (48.45%), Vitamin B3: 9.6mg (48.01%), Phosphorus: 327.11mg (32.71%), Folate: 113.99µg (28.5%), Manganese: 0.57mg (28.48%), Vitamin B1: 0.42mg (27.74%), Vitamin K: 24.24µg (23.09%), Vitamin B6: 0.43mg (21.45%), Vitamin B2: 0.35mg (20.6%), Vitamin B5: 2.04mg (20.39%), Vitamin C: 13.79mg (16.72%), Copper: 0.31mg (15.37%), Iron: 2.76mg (15.34%), Potassium: 488.81mg (13.97%), Calcium: 135.38mg (13.54%), Fiber: 3.21g (12.82%), Zinc: 1.92mg (12.8%), Magnesium: 42.86mg (10.72%), Vitamin B12: 0.6µg (9.98%), Vitamin A: 430.51IU (8.61%), Vitamin E: 0.46mg (3.05%), Vitamin D: 0.26µg (1.73%)