



Italian Bacon and Tomato Risotto

 **Gluten Free**

READY IN



30 min.

SERVINGS



30

CALORIES



58 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 slices oscar mayer bacon chopped
- 1 cup cherry tomatoes halved
- 14 oz chicken broth fat-free reduced-sodium canned
- 2 cups rice white instant uncooked
- 1 cup milk
- 1 onion chopped
- 0.3 cup parmesan cheese divided grated kraft
- 0.5 tsp parsley flakes

Equipment

frying pan

Directions

- Cook bacon and onions in large skillet on medium heat until bacon is crisp, stirring occasionally; drain.
- Add next 5 ingredients; mix well. Bring to boil. Simmer on low heat 5 min.
- Stir in 3 Tbsp. Parmesan cheese.
- Remove from heat.
- Let stand, covered, 5 min. before serving.
- Sprinkle with remaining cheese.

Nutrition Facts



Properties

Glycemic Index:2.17, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:2.0386956385944%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 57.55kcal (2.88%), Fat: 2.91g (4.47%), Saturated Fat: 1.07g (6.7%), Carbohydrates: 5.84g (1.95%), Net Carbohydrates: 5.63g (2.05%), Sugar: 0.69g (0.77%), Cholesterol: 5.57mg (1.86%), Sodium: 111.93mg (4.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.73%), Selenium: 4.09µg (5.85%), Vitamin B1: 0.08mg (5.23%), Folate: 17.31µg (4.33%), Vitamin B3: 0.75mg (3.76%), Manganese: 0.07mg (3.52%), Phosphorus: 32.66mg (3.27%), Iron: 0.45mg (2.5%), Calcium: 20.94mg (2.09%), Vitamin B6: 0.04mg (1.92%), Vitamin B12: 0.11µg (1.85%), Vitamin C: 1.41mg (1.71%), Zinc: 0.24mg (1.58%), Vitamin B2: 0.03mg (1.5%), Potassium: 47.27mg (1.35%), Vitamin B5: 0.12mg (1.17%), Copper: 0.02mg (1.04%)