



Leek & sage risotto with crisp bacon

 Gluten Free

READY IN



30 min.

SERVINGS



1

CALORIES



983 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 2 leek sliced
- ☐ 4 sage dried shredded
- ☐ 85 g arborio rice
- ☐ 1 small glass wine
- ☐ 200 ml vegetable stock hot
- ☐ 2 bacon
- ☐ 3 tbsp parmesan grated

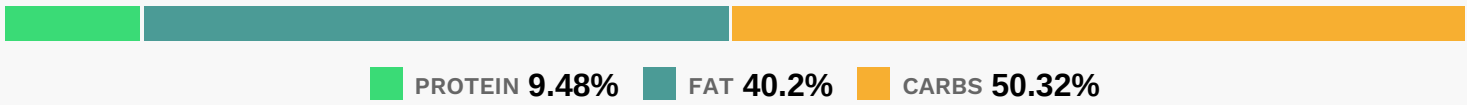
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Heat the oil in a pan, add the leeks and sage and fry for 2 mins until the leeks are starting to soften. Stir in the rice and cook for 1 min, stirring.
- ☐ Add the wine and stock and bring to the boil. Reduce the heat, cover and simmer for 10-12 mins until the rice is tender.
- ☐ Meanwhile, grill the bacon until golden and crisp.
- ☐ Remove the rice from the heat, then stir in 2 tbsp of the Parmesan and freshly ground pepper. Spoon onto a plate, sprinkle with the remaining Parmesan and top with the bacon.

Nutrition Facts



Properties

Glycemic Index:201, Glycemic Load:62.47, Inflammation Score:-10, Nutrition Score:36.033478068269%

Flavonoids

Malvidin: 0.14mg, Malvidin: 0.14mg, Malvidin: 0.14mg, Malvidin: 0.14mg Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg Epicatechin: 1.3mg, Epicatechin: 1.3mg, Epicatechin: 1.3mg, Epicatechin: 1.3mg Hesperetin: 0.94mg, Hesperetin: 0.94mg, Hesperetin: 0.94mg, Hesperetin: 0.94mg Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 4.78mg, Kaempferol: 4.78mg, Kaempferol: 4.78mg, Kaempferol: 4.78mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 982.61kcal (49.13%), Fat: 36.32g (55.88%), Saturated Fat: 10.44g (65.24%), Carbohydrates: 102.31g (34.1%), Net Carbohydrates: 96.71g (35.17%), Sugar: 11.02g (12.24%), Cholesterol: 39.24mg (13.08%), Sodium: 1374.75mg (59.77%), Alcohol: 24.31g (100%), Alcohol %: 4% (100%), Protein: 19.28g (38.56%), Manganese: 2.04mg (101.89%), Vitamin K: 93.29µg (88.84%), Folate: 313.68µg (78.42%), Vitamin A: 3523.83IU (70.48%), Vitamin B1: 0.73mg (48.44%), Iron: 8.37mg (46.5%), Copper: 0.92mg (45.84%), Vitamin B6: 0.81mg (40.44%), Selenium:

27.07µg (38.67%), Phosphorus: 353.05mg (35.31%), Vitamin B3: 6.27mg (31.37%), Calcium: 309.81mg (30.98%), Magnesium: 105.15mg (26.29%), Vitamin C: 21.36mg (25.89%), Vitamin E: 3.88mg (25.84%), Fiber: 5.6g (22.38%), Potassium: 654.31mg (18.69%), Vitamin B5: 1.76mg (17.61%), Zinc: 2.37mg (15.78%), Vitamin B2: 0.22mg (12.66%), Vitamin B12: 0.4µg (6.67%), Vitamin D: 0.25µg (1.67%)