



Orzotto with Radicchio and Bacon

READY IN



45 min.

SERVINGS



4

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices bacon
- 0.3 teaspoon pepper black freshly ground
- 0.5 cup cooking wine dry white
- 28 ounce less-sodium chicken broth fat-free canned
- 2 ounces parmigiano-reggiano cheese grated
- 1 cup pearl barley uncooked
- 3 cups radicchio thinly chopped
- 1 cup onion red finely chopped
- 0.1 teaspoon salt

1.3 cups water

Equipment

frying pan

sauce pan

dutch oven

Directions

Combine water and broth; bring to a simmer in a large saucepan (do not boil). Keep warm over low heat.

Cook bacon in a Dutch oven over medium heat until crisp.

Remove bacon from pan, reserving 2 teaspoons drippings in pan. Crumble bacon; set aside.

Return pan to medium heat.

Add red onion; saut for 3 minutes.

Add barley; cook 2 minutes, stirring constantly.

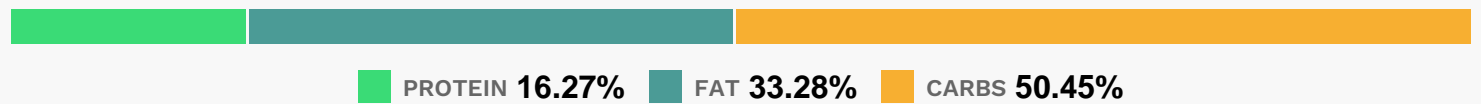
Add wine and salt; cook 2 minutes or until liquid is nearly absorbed, stirring constantly.

Add broth mixture, 1/2 cup at a time, stirring until each portion of broth mixture is absorbed before adding the next (about 45 minutes total). Stir in bacon; cook for 2 minutes.

Remove from heat; stir in radicchio, cheese, and pepper.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:1.08, Inflammation Score:-6, Nutrition Score:18.515217159105%

Flavonoids

Cyanidin: 38.1mg, Cyanidin: 38.1mg, Cyanidin: 38.1mg, Cyanidin: 38.1mg Delphinidin: 2.3mg, Delphinidin: 2.3mg, Delphinidin: 2.3mg, Delphinidin: 2.3mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin:

0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 11.4mg, Luteolin: 11.4mg, Luteolin: 11.4mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 17.58mg, Quercetin: 17.58mg, Quercetin: 17.58mg, Quercetin: 17.58mg

Nutrients (% of daily need)

Calories: 379.06kcal (18.95%), Fat: 13.43g (20.66%), Saturated Fat: 5.41g (33.81%), Carbohydrates: 45.82g (15.27%), Net Carbohydrates: 37.03g (13.47%), Sugar: 2.98g (3.31%), Cholesterol: 24.16mg (8.05%), Sodium: 1274.96mg (55.43%), Alcohol: 3.09g (100%), Alcohol %: 0.85% (100%), Protein: 14.77g (29.55%), Vitamin K: 78.33µg (74.6%), Selenium: 31.33µg (44.76%), Manganese: 0.83mg (41.62%), Fiber: 8.78g (35.13%), Phosphorus: 291.58mg (29.16%), Vitamin B3: 4.49mg (22.45%), Calcium: 211.78mg (21.18%), Copper: 0.39mg (19.71%), Magnesium: 62.22mg (15.55%), Vitamin B6: 0.31mg (15.48%), Zinc: 2.05mg (13.69%), Vitamin B1: 0.2mg (13.36%), Potassium: 428.11mg (12.23%), Iron: 2.08mg (11.57%), Vitamin B12: 0.68µg (11.28%), Vitamin B2: 0.19mg (11.03%), Folate: 40.4µg (10.1%), Vitamin B5: 0.71mg (7.11%), Vitamin C: 5.36mg (6.5%), Vitamin E: 0.82mg (5.49%), Vitamin A: 139.43IU (2.79%), Vitamin D: 0.16µg (1.06%)