



WHATSheATE



Oven-baked leek & bacon risotto



Gluten Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



502 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 6 bacon smoked roughly chopped
- ☐ 2 leek halved finely sliced
- ☐ 250 g arborio rice
- ☐ 700 ml vegetable stock hot
- ☐ 175 g peas frozen
- ☐ 3 tbsp cheese soft
- ☐ 1 lemon zest

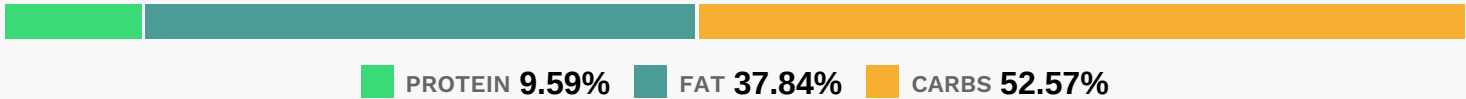
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Heat oven to 200C/180C fan/ gas
- ☐ Tip the oil into an ovenproof casserole dish.
- ☐ Add bacon and fry for 2 mins.
- ☐ Add the leeks and cook until soft, but not coloured, for about 4–5 mins. Tip in rice and cook for 1 min more.
- ☐ Pour over stock. Cover and place in the oven for 20 mins, stirring halfway.
- ☐ When rice is just tender and all liquid is absorbed, remove from oven and stir in peas.
- ☐ Place back in oven for 2 mins more.
- ☐ Remove and stir in cheese.
- ☐ Add zest and season.

Nutrition Facts



Properties

Glycemic Index:57.58, Glycemic Load:43.75, Inflammation Score:-9, Nutrition Score:19.771739063056%

Flavonoids

Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 502.34kcal (25.12%), Fat: 20.98g (32.27%), Saturated Fat: 7.2g (45.03%), Carbohydrates: 65.58g (21.86%), Net Carbohydrates: 60.37g (21.95%), Sugar: 6.17g (6.85%), Cholesterol: 32.76mg (10.92%), Sodium: 959.78mg (41.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.96g (23.91%), Manganese: 1.05mg (52.32%), Folate: 202.47µg (50.62%), Vitamin B1: 0.59mg (39.38%), Vitamin K: 34.1µg (32.48%), Vitamin A: 1605.76IU (32.12%), Vitamin C: 24.77mg (30.03%), Selenium: 18.25µg (26.07%), Vitamin B3: 5.01mg (25.03%), Iron: 4.4mg (24.45%),

Fiber: 5.2g (20.82%), Vitamin B6: 0.38mg (19.05%), Phosphorus: 181.54mg (18.15%), Copper: 0.28mg (13.94%),
Vitamin B5: 1.16mg (11.62%), Magnesium: 46.44mg (11.61%), Zinc: 1.73mg (11.54%), Vitamin B2: 0.15mg (9.06%),
Potassium: 316.48mg (9.04%), Vitamin E: 1.21mg (8.06%), Calcium: 53.31mg (5.33%), Vitamin B12: 0.19µg (3.15%)