



Oven-Baked Mushroom & Bacon Risotto

 Gluten Free

READY IN



60 min.

SERVINGS



1

CALORIES



1289 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup arborio rice uncooked
- 2 slices oscar mayer bacon
- 29 oz chicken broth fat-free reduced-sodium canned
- 0.3 tsp ground pepper black
- 1 onion finely chopped
- 0.7 cup parmesan cheese shredded kraft
- 0.5 lb portabello mushrooms chopped
- 0.1 tsp thyme leaves dried

Equipment

- frying pan
- paper towels
- oven

Directions

- Heat oven to 300F.
- Place 2-qt. casserole in oven to warm. Meanwhile, cook bacon in large skillet on medium heat until crisp.
- Remove bacon from skillet, reserving 1 Tbsp. drippings in skillet.
- Drain bacon on paper towels.
- Add onions to drippings in skillet; cook and stir 3 min.
- Add mushrooms; cook 10 min. or until mushrooms release most of their liquid, stirring occasionally.
- Add rice; cook and stir 1 min. Stir in broth, thyme and pepper; bring just to simmer.
- Remove from heat. Crumble bacon; stir into rice mixture. Spoon into warmed casserole; cover.
- Bake 30 to 35 min. or until rice is tender and most of the liquid is absorbed.
- Add cheese; stir until melted.

Nutrition Facts



Properties

Glycemic Index:213, Glycemic Load:128.13, Inflammation Score:-10, Nutrition Score:53.100869489753%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg

Nutrients (% of daily need)

Calories: 1288.95kcal (64.45%), Fat: 38.04g (58.53%), Saturated Fat: 17.26g (107.87%), Carbohydrates: 181.56g (60.52%), Net Carbohydrates: 171g (62.18%), Sugar: 12.1g (13.45%), Cholesterol: 74.37mg (24.79%), Sodium: 4748.74mg (206.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.88g (105.76%), Selenium: 114.89µg (164.13%), Folate: 559.42µg (139.86%), Manganese: 2.55mg (127.32%), Vitamin B3: 25.09mg (125.46%), Phosphorus: 1084.2mg (108.42%), Vitamin B1: 1.52mg (101.33%), Calcium: 865.14mg (86.51%), Vitamin B5: 6.83mg (68.35%), Copper: 1.31mg (65.74%), Iron: 11.34mg (62.99%), Vitamin B6: 1.1mg (55.21%), Vitamin B2: 0.85mg (50.09%), Vitamin B12: 2.78µg (46.29%), Potassium: 1540.49mg (44.01%), Fiber: 10.56g (42.24%), Zinc: 6.11mg (40.76%), Magnesium: 100.85mg (25.21%), Vitamin A: 546.63IU (10.93%), Vitamin C: 8.3mg (10.06%), Vitamin D: 1.19µg (7.93%), Vitamin E: 0.41mg (2.72%), Vitamin K: 2.39µg (2.28%)