



WHATSheATE



## Pancetta and Saffron Rice

READY IN



52 min.

SERVINGS



6

CALORIES



497 kcal

SIDE DISH

### Ingredients

- ☐ 2.3 cups rice white
- ☐ 2 teaspoons kosher salt
- ☐ 4 cups chicken stock see low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion finely chopped
- ☐ 8 ounce pancetta cut into 1/4-inch pieces
- ☐ 0.8 teaspoon saffron threads
- ☐ 2 tablespoons butter unsalted at room temperature

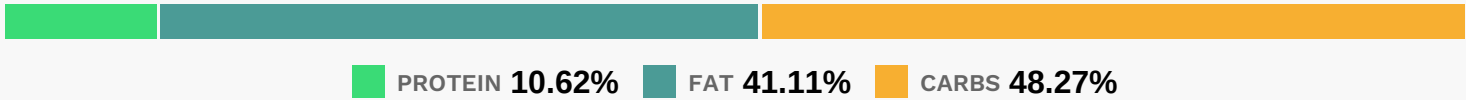
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ wooden spoon

## Directions

- ☐ In a medium (3-quart) saucepan, heat the olive oil over medium-high heat.
- ☐ Add the pancetta and cook, stirring frequently, until brown and crispy, about 6 to 8 minutes.
- ☐ Remove the pancetta to paper towels to drain. Set aside. Discard any cooking juices in the pan.
- ☐ In the same pan, over medium heat, add the butter.
- ☐ Add the onion and cook for 5 minutes until soft.
- ☐ Add in the rice and stir until the rice is lightly toasted and coated with the butter, about 1 minute. Stir in the stock, salt and saffron. Bring the mixture to a simmer and, with a wooden spoon, scrape up the brown bits that cling to the bottom of the pan. Cover the pan with a tight-fitting lid and cook until the rice is tender and all the liquid has been absorbed, about 20 to 25 minutes
- ☐ Let the rice stand for 5 minutes. Using a fork, fluff the rice and transfer to a serving bowl. Top with the cooked pancetta and serve.

## Nutrition Facts



## Properties

Glycemic Index:26.36, Glycemic Load:33.77, Inflammation Score:-2, Nutrition Score:9.5782608312109%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg,

Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 497.47kcal (24.87%), Fat: 22.54g (34.68%), Saturated Fat: 8.16g (51%), Carbohydrates: 59.56g (19.85%), Net Carbohydrates: 58.35g (21.22%), Sugar: 1.07g (1.19%), Cholesterol: 34.98mg (11.66%), Sodium: 1077.37mg (46.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.11g (26.21%), Manganese: 0.79mg (39.42%), Selenium: 18.21µg (26.02%), Vitamin B3: 4.81mg (24.05%), Phosphorus: 187.88mg (18.79%), Copper: 0.26mg (12.86%), Vitamin B6: 0.25mg (12.62%), Vitamin B1: 0.16mg (10.77%), Vitamin B5: 0.94mg (9.41%), Zinc: 1.4mg (9.31%), Potassium: 318.22mg (9.09%), Vitamin B2: 0.12mg (6.96%), Magnesium: 25.43mg (6.36%), Iron: 1.1mg (6.12%), Vitamin B12: 0.35µg (5.9%), Fiber: 1.21g (4.86%), Vitamin E: 0.69mg (4.58%), Calcium: 33.46mg (3.35%), Vitamin A: 131.04IU (2.62%), Folate: 9.19µg (2.3%), Vitamin K: 1.87µg (1.78%), Vitamin C: 1.37mg (1.66%), Vitamin D: 0.22µg (1.47%)