



Pancetta, French Lentil, and Spinach Risotto

READY IN



45 min.

SERVINGS



6

CALORIES



307 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup arborio rice uncooked
- ☐ 2 ounces baby spinach fresh
- ☐ 0.5 cup petite green lentils dried
- ☐ 0.5 cup cooking wine dry white
- ☐ 4 cups less-sodium chicken broth fat-free
- ☐ 4 garlic cloves minced
- ☐ 1 cup leek chopped
- ☐ 1 cup onion chopped
- ☐ 2 ounces pancetta chopped

- ☐ 2 ounces parmigiano-reggiano cheese fresh grated
- ☐ 0.3 cup shallots chopped
- ☐ 4 cups water

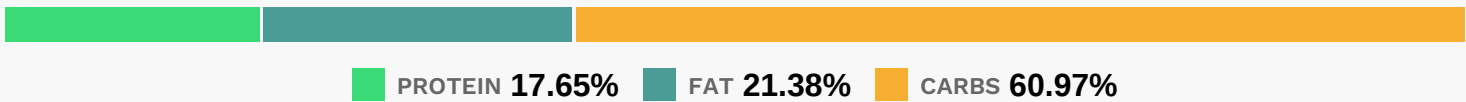
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine 4 cups water and lentils in a medium saucepan; bring to a boil. Reduce heat, and simmer 25 minutes or until just tender.
- ☐ Drain and rinse with cold water; drain.
- ☐ Bring broth to a simmer in a small saucepan (do not boil). Keep warm over low heat.
- ☐ Heat a large saucepan over medium heat. Coat pan with cooking spray.
- ☐ Add pancetta to pan; cook 5 minutes or until crisp, stirring occasionally. Stir in onion, leek, shallots, and garlic; cook for 5 minutes or until tender, stirring occasionally.
- ☐ Add rice; cook for 1 minute, stirring constantly. Stir in wine, and cook until liquid evaporates (about 1 minute), stirring constantly. Stir in 1 cup broth; cook for 5 minutes or until the liquid is nearly absorbed, stirring constantly.
- ☐ Add the remaining broth, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 22 minutes total). Stir in spinach; cook for 1 minute or until spinach wilts. Stir in lentils; cook for 1 minute or until thoroughly heated.
- ☐ Remove from heat; stir in cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:49.93, Glycemic Load:23.96, Inflammation Score:-9, Nutrition Score:18.729565260203%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 306.68kcal (15.33%), Fat: 6.92g (10.65%), Saturated Fat: 2.91g (18.16%), Carbohydrates: 44.41g (14.8%), Net Carbohydrates: 37.31g (13.57%), Sugar: 3.36g (3.74%), Cholesterol: 12.66mg (4.22%), Sodium: 856.1mg (37.22%), Alcohol: 2.06g (100%), Alcohol %: 0.57% (100%), Protein: 12.86g (25.71%), Vitamin K: 53.87µg (51.31%), Folate: 192.32µg (48.08%), Manganese: 0.85mg (42.71%), Fiber: 7.1g (28.4%), Vitamin B1: 0.41mg (27.19%), Vitamin A: 1218.03IU (24.36%), Phosphorus: 229.79mg (22.98%), Iron: 3.77mg (20.97%), Selenium: 14.51µg (20.74%), Vitamin B6: 0.35mg (17.61%), Calcium: 166.41mg (16.64%), Vitamin B3: 3.25mg (16.26%), Magnesium: 54.42mg (13.61%), Copper: 0.27mg (13.5%), Potassium: 424.45mg (12.13%), Zinc: 1.75mg (11.66%), Vitamin B5: 1.16mg (11.57%), Vitamin C: 8.53mg (10.33%), Vitamin B2: 0.16mg (9.25%), Vitamin B12: 0.46µg (7.72%), Vitamin E: 0.48mg (3.19%)