



Pancetta Risotto with Truffle Oil



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



5

CALORIES



444 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups arborio rice
- ☐ 1 teaspoon pepper black
- ☐ 5 cups chicken stock see unsalted (such as Swanson)
- ☐ 0.5 cup wine dry white
- ☐ 1.5 teaspoons rosemary leaves fresh chopped
- ☐ 2 garlic clove minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon olive oil

- ☐ 3 ounces pancetta chopped
- ☐ 0.5 cup shallots minced
- ☐ 1 teaspoon truffle oil white

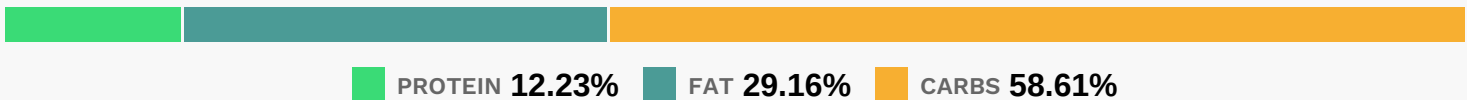
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Bring stock to a simmer in a saucepan (do not boil). Keep warm over low heat.
- ☐ Heat a Dutch oven over medium heat.
- ☐ Add olive oil; swirl to coat.
- ☐ Add pancetta; saut 6 minutes or until crisp. Using a slotted spoon, remove pancetta from pan; drain on a paper towel.
- ☐ Add shallots to drippings in pan; cook 2 minutes (do not brown), stirring frequently. Stir in rice, rosemary, and garlic; cook 1 minute, stirring constantly.
- ☐ Add wine; cook 2 minutes or until liquid is absorbed, stirring frequently. Stir in 1 1/2 cups stock; cook 4 minutes or until liquid is nearly absorbed, stirring constantly.
- ☐ Add remaining stock, 3/4 cup at a time, stirring nearly constantly until each portion of stock is absorbed before adding the next (about 22 minutes total); reserve 1/3 cup stock at the last addition. Stir in pepper, truffle oil, and salt.
- ☐ Remove pan from heat; stir in reserved 1/3 cup broth. Top with pancetta.

Nutrition Facts



Properties

Glycemic Index:37.8, Glycemic Load:38.78, Inflammation Score:-6, Nutrition Score:14.148260879776%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 443.5kcal (22.18%), Fat: 13.59g (20.9%), Saturated Fat: 3.62g (22.65%), Carbohydrates: 61.44g (20.48%), Net Carbohydrates: 58.87g (21.41%), Sugar: 5.9g (6.55%), Cholesterol: 18.43mg (6.14%), Sodium: 693.36mg (30.15%), Alcohol: 2.47g (100%), Alcohol %: 0.85% (100%), Protein: 12.82g (25.64%), Folate: 159.02µg (39.76%), Manganese: 0.79mg (39.66%), Vitamin B3: 7.03mg (35.15%), Vitamin B1: 0.49mg (32.55%), Selenium: 18.26µg (26.08%), Vitamin B6: 0.4mg (20.2%), Iron: 3.54mg (19.69%), Phosphorus: 167.3mg (16.73%), Vitamin B2: 0.26mg (15.12%), Copper: 0.29mg (14.69%), Potassium: 437.75mg (12.51%), Fiber: 2.57g (10.27%), Vitamin B5: 0.96mg (9.59%), Zinc: 1.34mg (8.93%), Magnesium: 33.83mg (8.46%), Vitamin E: 0.68mg (4.52%), Vitamin K: 3.61µg (3.44%), Vitamin C: 2.75mg (3.34%), Calcium: 24.98mg (2.5%), Vitamin B12: 0.09µg (1.42%)