



Pea-and-Bacon Risotto

 Gluten Free

READY IN



50 min.

SERVINGS



50

CALORIES



65 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups arborio rice
- ☐ 2 cups baby peas frozen thawed
- ☐ 6 ounces bacon diced lean
- ☐ 7 cups simmering chicken stock
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion minced

- ☐ 0.5 cup parmigiano-reggiano cheese freshly grated
- ☐ 2 cups pea shoots
- ☐ 50 servings salt and pepper freshly ground
- ☐ 1 tablespoon butter unsalted

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ In a skillet, cook the bacon over moderate heat until crisp, 6 minutes.
- ☐ Drain the bacon on paper towels; reserve 1 tablespoon of the bacon fat.
- ☐ In a food processor, puree half of the peas with 1 cup of water.
- ☐ In a large saucepan, heat the oil.
- ☐ Add the onion and cook over moderate heat until softened, 5 minutes.
- ☐ Add the rice and cook, stirring, until the rice is evenly coated with the oil.
- ☐ Add the wine and simmer until almost evaporated, 3 minutes.
- ☐ Add enough hot stock to just cover the rice and cook over moderate heat, stirring, until the stock has been absorbed.
- ☐ Add more stock to cover the rice. Continue cooking and stirring, adding more stock as it is absorbed, until the rice is al dente and suspended in a creamy sauce, 25 minutes.
- ☐ Add the pea puree, the remaining peas and the bacon and cook, stirring, until hot.
- ☐ Remove the risotto from the heat and stir in the butter, reserved bacon fat, cheese and lemon juice. Season with salt and pepper.
- ☐ Garnish with the pea shoots and serve.

Nutrition Facts



 PROTEIN **19.68%**  FAT **24.77%**  CARBS **55.55%**

Properties

Glycemic Index:3.91, Glycemic Load:5.28, Inflammation Score:-2, Nutrition Score:2.8047825880349%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 64.62kcal (3.23%), Fat: 1.71g (2.63%), Saturated Fat: 0.58g (3.62%), Carbohydrates: 8.62g (2.87%), Net Carbohydrates: 8.02g (2.92%), Sugar: 0.98g (1.09%), Cholesterol: 2.29mg (0.76%), Sodium: 328.38mg (14.28%), Alcohol: 0.25g (100%), Alcohol %: 0.47% (100%), Protein: 3.05g (6.11%), Vitamin C: 9.14mg (11.07%), Folate: 24.36µg (6.09%), Manganese: 0.11mg (5.61%), Vitamin B3: 0.99mg (4.94%), Vitamin B1: 0.07mg (4.91%), Selenium: 2.29µg (3.27%), Phosphorus: 30.81mg (3.08%), Fiber: 0.77g (3.07%), Iron: 0.52mg (2.87%), Vitamin B2: 0.04mg (2.6%), Vitamin B6: 0.05mg (2.4%), Copper: 0.05mg (2.32%), Vitamin A: 98.75IU (1.97%), Vitamin K: 1.89µg (1.8%), Potassium: 60.6mg (1.73%), Zinc: 0.24mg (1.6%), Calcium: 15.29mg (1.53%), Magnesium: 5.95mg (1.49%), Vitamin B5: 0.12mg (1.17%)