



Pea and Bacon Risotto

 Gluten Free

READY IN



35 min.

SERVINGS



1

CALORIES



580 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup arborio rice
- ☐ 1 bacon chopped
- ☐ 1 large garlic clove finely chopped
- ☐ 0.3 teaspoon juice of lemon fresh
- ☐ 0.3 teaspoon lemon zest grated
- ☐ 1.8 cups chicken broth reduced-sodium
- ☐ 2 tablespoons parmigiano-reggiano grated
- ☐ 0.3 cup peas frozen

- ☐ 1 tablespoon butter unsalted
- ☐ 0.5 cup water

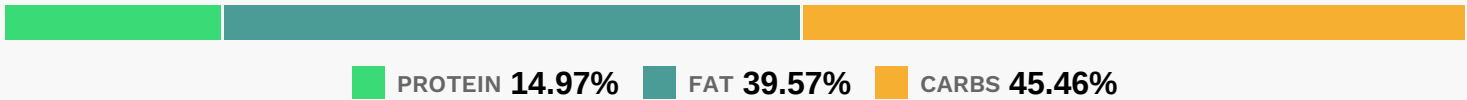
Equipment

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

Directions

- ☐ Bring broth and water to a simmer in a small saucepan.
- ☐ Cook bacon in a small heavy saucepan over medium-low heat, stirring, until crisp.
- ☐ Transfer with a slotted spoon to a paper towel to drain.
- ☐ Add garlic to bacon fat in pan and cook, stirring occasionally, until pale golden, about 1 minute.
- ☐ Add rice, stirring to coat.
- ☐ Add 1/4 cup hot broth mixture and simmer briskly, stirring constantly, until broth is absorbed. Continue simmering and adding hot broth mixture, about 1/4 cup at a time, stirring frequently and letting each addition be absorbed before adding the next, until rice is just tender and creamy-looking but still al dente, 18 to 22 minutes. (Reserve leftover broth mixture.)
- ☐ Add peas and cook, stirring occasionally, 2 minutes.
- ☐ Stir in cheese, butter, zest, and juice. Thin risotto with some of reserved broth mixture if desired and season with salt and pepper. Top with bacon.

Nutrition Facts



Properties

Glycemic Index:183.33, Glycemic Load:43.97, Inflammation Score:-8, Nutrition Score:21.303478230601%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 580.2kcal (29.01%), Fat: 25.71g (39.55%), Saturated Fat: 12.63g (78.92%), Carbohydrates: 66.45g (22.15%), Net Carbohydrates: 61.71g (22.44%), Sugar: 3.45g (3.83%), Cholesterol: 51.42mg (17.14%), Sodium: 440.83mg (19.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.89g (43.77%), Vitamin B3: 10.35mg (51.76%), Manganese: 0.94mg (47.24%), Folate: 186.94µg (46.74%), Vitamin B1: 0.58mg (38.48%), Phosphorus: 348.62mg (34.86%), Selenium: 18.18µg (25.97%), Vitamin C: 21.4mg (25.94%), Iron: 4.63mg (25.72%), Copper: 0.48mg (23.95%), Fiber: 4.74g (18.97%), Vitamin B6: 0.34mg (17.18%), Potassium: 594.02mg (16.97%), Vitamin B2: 0.28mg (16.43%), Calcium: 163.19mg (16.32%), Vitamin A: 806.44IU (16.13%), Zinc: 2.34mg (15.61%), Vitamin K: 13.19µg (12.56%), Magnesium: 44.82mg (11.2%), Vitamin B5: 1.11mg (11.12%), Vitamin B12: 0.67µg (11.11%), Vitamin E: 0.51mg (3.4%), Vitamin D: 0.35µg (2.32%)