



Rice with Mozzarella, Prosciutto, and Peas

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



623 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups arborio rice
- 3 tablespoons butter
- 1.5 cups mozzarella cheese fresh grated
- 3 tablespoons parsley fresh chopped
- 0.5 cup parmesan grated
- 0.5 cup peas frozen
- 3 ounces pancetta sliced cut into thin strips
- 0.5 teaspoon salt

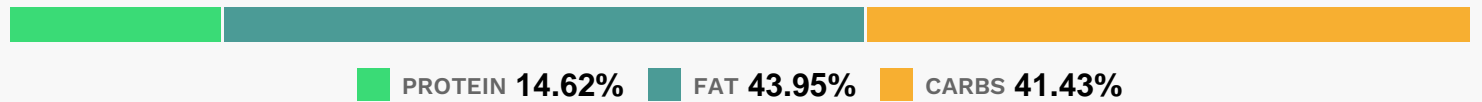
Equipment

pot

Directions

- Stir the rice into a medium pot of boiling, salted water and cook until almost done, about 15 minutes. Stir in the peas. Cook until the peas and rice are just done, about 2 minutes longer.
- Drain.
- Put the rice and peas back in the hot pot. Stir in the mozzarella, Parmesan, butter, prosciutto, salt, and parsley.
- Serve immediately.
- Variations : Vary the herb here if you have access to a good fresh one. Chopped mint, chervil,sage, or fennel leaves would all be excellent. : For a sharper-tasting dish, substitute 1/2 cup grated Pecorino Romano for the grated Parmesan, or use a combination of the two.
- Fresh Mozzarella: Fresh mozzarella is a soft, mild white cheese that combines well with strong-flavored ingredients. The cheese, which is formed into a ball and usually packed floating in water in a plastic tub, is available both salted and unsalted. We find the unsalted variety too bland; a light salting brings out the cheese's elusive fresh-milk flavor.
- Wine Recommendation: The traditional style of Italian white wines is crisp, clean, light-bodied, and fairly neutral in flavor--an ideal combination that won't overpower this dish. Soave, Frascati, and Orvieto will all work well, but a Vernaccia di San Gimignano, with its slightly fuller body and almond aroma, will be best of all.

Nutrition Facts



Properties

Glycemic Index:65.58, Glycemic Load:48.04, Inflammation Score:-8, Nutrition Score:21.547826155372%

Flavonoids

Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.01mg

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 623.21kcal (31.16%), Fat: 30.06g (46.24%), Saturated Fat: 15.92g (99.51%), Carbohydrates: 63.76g (21.25%), Net Carbohydrates: 60.53g (22.01%), Sugar: 1.59g (1.77%), Cholesterol: 78.29mg (26.1%), Sodium: 965.88mg (41.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.5g (45%), Vitamin K: 55.61µg (52.96%), Folate: 193.72µg (48.43%), Manganese: 0.88mg (43.75%), Calcium: 374.78mg (37.48%), Selenium: 25.99µg (37.12%), Vitamin B1: 0.55mg (36.75%), Phosphorus: 361.13mg (36.11%), Iron: 4mg (22.24%), Vitamin B3: 4.44mg (22.2%), Vitamin A: 1043.18IU (20.86%), Vitamin B12: 1.23µg (20.53%), Zinc: 2.91mg (19.42%), Vitamin B2: 0.24mg (14.35%), Vitamin C: 11.24mg (13.62%), Fiber: 3.23g (12.93%), Vitamin B5: 1.24mg (12.41%), Vitamin B6: 0.25mg (12.27%), Copper: 0.21mg (10.58%), Magnesium: 41.4mg (10.35%), Potassium: 205.94mg (5.88%), Vitamin E: 0.49mg (3.26%), Vitamin D: 0.32µg (2.1%)