



Risotto with Asparagus and Bison Bacon

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



312 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.3 cups arborio long-grain uncooked
- ☐ 1 pound asparagus spears trimmed
- ☐ 8 ounces bison bacon
- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 4 cups chicken broth
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped

☐ 0.5 cup parmesan cheese freshly grated

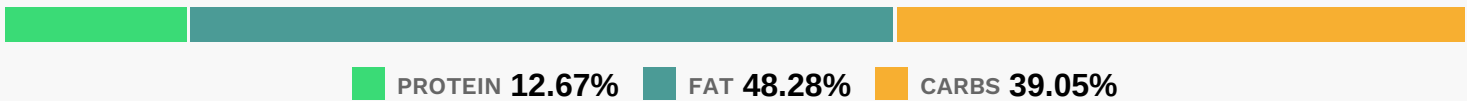
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ cutting board

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Place asparagus in single layer in a 15x10x1-inch baking pan.
- ☐ Drizzle with olive oil.
- ☐ Bake, uncovered, for 8 minutes or until crisp-tender. Cool slightly.
- ☐ Cut into bite-size pieces; set aside.
- ☐ Melt butter over medium heat in a large saucepan. Cook onion in hot butter for 4 to 5 minutes or until tender.
- ☐ Add rice. Cook and stir for 2 minutes. Carefully stir in broth and pepper. Bring to boiling; reduce heat. Simmer, covered, for 20 minutes (do not lift lid).
- ☐ Meanwhile, cook bison bacon, 1/2 at a time, over medium heat in a large skillet for 5 to 6 minutes per batch or until crisp, turning occasionally. If necessary, drain on paper towels.
- ☐ Transfer to a cutting board. Cool slightly; chop into bite-size pieces.
- ☐ Remove saucepan from heat. Stir in asparagus.
- ☐ Let stand, covered, for 5 minutes. Stir in bison bacon pieces and Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:25.27, Glycemic Load:15.58, Inflammation Score:-5, Nutrition Score:10.496956490952%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 4.23mg, Isorhamnetin: 4.23mg, Isorhamnetin: 4.23mg, Isorhamnetin: 4.23mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.99mg, Quercetin: 11.99mg, Quercetin: 11.99mg, Quercetin: 11.99mg

Nutrients (% of daily need)

Calories: 311.64kcal (15.58%), Fat: 16.71g (25.71%), Saturated Fat: 5.98g (37.39%), Carbohydrates: 30.42g (10.14%), Net Carbohydrates: 28.47g (10.35%), Sugar: 2.46g (2.74%), Cholesterol: 30.26mg (10.09%), Sodium: 747.75mg (32.51%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 9.87g (19.73%), Manganese: 0.52mg (26.07%), Vitamin K: 25.08µg (23.89%), Selenium: 14.44µg (20.62%), Phosphorus: 156.41mg (15.64%), Vitamin B1: 0.22mg (14.44%), Vitamin B2: 0.22mg (12.65%), Vitamin B3: 2.47mg (12.37%), Vitamin A: 540.02IU (10.8%), Copper: 0.22mg (10.78%), Vitamin B6: 0.21mg (10.34%), Iron: 1.74mg (9.69%), Zinc: 1.37mg (9.11%), Folate: 36.19µg (9.05%), Calcium: 88.92mg (8.89%), Vitamin E: 1.17mg (7.82%), Fiber: 1.95g (7.79%), Potassium: 269.24mg (7.69%), Vitamin B5: 0.68mg (6.84%), Magnesium: 24.55mg (6.14%), Vitamin C: 4.66mg (5.64%), Vitamin B12: 0.25µg (4.21%)