



## Risotto with Bacon and Kale

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



454 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup arborio rice
- 4 slices bacon chopped
- 0.5 teaspoon pepper black freshly ground
- 1 roasted carrot chopped
- 0.8 cup meat from a rotisserie chicken diced cooked
- 3 cups curly kale leaves stemmed chopped
- 1 teaspoon kosher salt
- 3 tablespoons juice of lemon fresh (1 large lemon)

- 3 cups low-salt chicken broth
- 1 large onion chopped
- 0.5 cup parmesan freshly grated
- 1 roasted parsnip chopped
- 1 roasted shallot chopped

## Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- ladle
- oven
- stove
- slotted spoon

## Directions

- Watch how to make this recipe.
- Place a rack in the center of the oven. Preheat the oven to 425 degrees F.
- In a large heavy saucepan or braising pan, cook the bacon over medium-high heat until crisp, 8 to 10 minutes. Using a slotted spoon, remove the bacon and drain on paper towels.
- Add the onions, salt and pepper. Reduce the heat to medium-low and cook until tender, about 5 minutes.
- Add the rice and stir for 2 minutes.
- Add 3 cups broth and the lemon juice. Increase the heat and bring the mixture to a boil, stirring occasionally. Cover with a tight lid and bake in the oven for 20 to 25 minutes.
- Remove the pan from the oven and return it to the stove over medium-low heat.
- Remove the lid and stir in the chicken, kale, roasted vegetables and 1/4 cup chicken broth. Stir until the kale is wilted, about 5 minutes, adding extra broth, as needed, until the risotto is creamy. Stir in the cooked bacon and cheese. Ladle into bowls and serve.

# Nutrition Facts

PROTEIN 19.53% FAT 30.27% CARBS 50.2%

## Properties

Glycemic Index:74.21, Glycemic Load:35.59, Inflammation Score:-10, Nutrition Score:24.751304315484%

## Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.19mg, Quercetin: 9.19mg, Quercetin: 9.19mg, Quercetin: 9.19mg

## Nutrients (% of daily need)

Calories: 453.86kcal (22.69%), Fat: 15.3g (23.53%), Saturated Fat: 5.89g (36.83%), Carbohydrates: 57.08g (19.03%), Net Carbohydrates: 52.07g (18.93%), Sugar: 5.49g (6.1%), Cholesterol: 42.71mg (14.24%), Sodium: 1024.92mg (44.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.21g (44.42%), Vitamin A: 4666.58IU (93.33%), Manganese: 0.94mg (46.78%), Vitamin K: 45.57µg (43.4%), Folate: 168.35µg (42.09%), Vitamin B3: 8.06mg (40.3%), Phosphorus: 326.03mg (32.6%), Selenium: 22.4µg (32.01%), Vitamin B1: 0.45mg (30.15%), Vitamin B6: 0.43mg (21.67%), Vitamin C: 17.6mg (21.33%), Iron: 3.7mg (20.53%), Calcium: 202.61mg (20.26%), Fiber: 5.01g (20.05%), Potassium: 642.54mg (18.36%), Copper: 0.31mg (15.52%), Vitamin B5: 1.47mg (14.7%), Zinc: 2.14mg (14.28%), Vitamin B2: 0.24mg (14.02%), Magnesium: 49.68mg (12.42%), Vitamin B12: 0.51µg (8.55%), Vitamin E: 0.89mg (5.93%)