



Risotto with Bacon & Peas

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



109 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 slices oscar mayer bacon cut into 1-inch pieces
- 42 oz chicken broth canned
- 4 oz philadelphia cream cheese cubed ()
- 2 Tbsp parsley fresh chopped
- 2 cloves garlic minced
- 1 onion chopped
- 2 Tbsp parmesan cheese divided grated kraft
- 1 cup peas frozen thawed

1.5 cups rice medium-grain white uncooked

Equipment

frying pan

paper towels

slotted spoon

Directions

Cook bacon in large skillet on medium-high heat 5 min. or just until bacon is crisp, stirring occasionally.

Remove bacon from skillet with slotted spoon, reserving drippings in skillet.

Drain bacon on paper towels.

Add onions to reserved drippings; cook 4 to 5 min. or until crisp-tender, stirring occasionally.

Add rice and garlic; cook 3 min. or until rice is opaque, stirring frequently. Gradually add 1/2 can broth; cook and stir 3 min. or until broth is completely absorbed. Repeat with remaining broth, stirring in cream cheese with the last addition of broth and cooking 5 min. or cream cheese is completely melted and mixture is well blended.

Stir in peas; cook 2 min. or until heated through, stirring occasionally.

Remove from heat. Stir in bacon, parsley and 1 Tbsp. Parmesan.

Serve topped with remaining Parmesan.

Nutrition Facts



Properties

Glycemic Index:5.54, Glycemic Load:3.59, Inflammation Score:-2, Nutrition Score:3.2273913168389%

Flavonoids

Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 109.45kcal (5.47%), Fat: 4.83g (7.43%), Saturated Fat: 1.74g (10.85%), Carbohydrates: 6.88g (2.29%), Net Carbohydrates: 6.53g (2.38%), Sugar: 0.44g (0.49%), Cholesterol: 20.14mg (6.71%), Sodium: 179.37mg (7.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.93g (17.86%), Selenium: 7.62µg (10.89%), Phosphorus: 67.94mg (6.79%), Zinc: 0.94mg (6.25%), Vitamin B12: 0.32µg (5.4%), Vitamin B3: 1.04mg (5.22%), Manganese: 0.1mg (4.88%), Vitamin K: 4.78µg (4.56%), Vitamin B6: 0.09mg (4.5%), Iron: 0.53mg (2.96%), Vitamin B2: 0.05mg (2.89%), Vitamin A: 137.95IU (2.76%), Magnesium: 9.73mg (2.43%), Vitamin C: 1.95mg (2.37%), Potassium: 78.77mg (2.25%), Copper: 0.04mg (2.02%), Vitamin B1: 0.03mg (1.74%), Fiber: 0.35g (1.41%), Calcium: 13.31mg (1.33%), Folate: 4.59µg (1.15%), Vitamin B5: 0.11mg (1.14%)