



Risotto With Fennel, Pear, and Prosciutto

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



544 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup arborio rice uncooked (short-grain)
- 2 bosc pears firm peeled chopped
- 2 tablespoons butter
- 0.3 cup cooking wine dry white
- 0.5 medium size fennel bulb thinly sliced
- 1 garlic clove minced
- 3 cups chicken broth low-sodium divided
- 2 tablespoons olive oil divided

- 0.3 cup parmesan cheese freshly grated
- 0.3 pound pancetta thinly sliced chopped
- 4 servings salt and pepper to taste
- 0.5 cup onion sweet finely chopped

Equipment

- bowl
- frying pan
- oven
- plastic wrap
- microwave

Directions

- Stir together first 3 ingredients and 1 Tbsp. olive oil in a 2 1/2-liter microwave-safe glass bowl. Microwave at HIGH 3 minutes. Stir in rice, and microwave at HIGH 2 minutes.
- Stir in 2 3/4 cups broth and 1/4 cup wine. Cover tightly with plastic wrap. (Do not vent.) Microwave at HIGH 9 minutes. Carefully swirl mixture in bowl, without uncovering, to incorporate mixture. Microwave at HIGH 8 minutes. Carefully remove and discard plastic wrap. Stir in cheese and 1/4 cup chicken broth, stirring 30 seconds to 1 minute or until creamy.
- Add remaining 1/4 cup broth, 1 Tbsp. at a time, if necessary, for desired consistency.
- Saut pears and fennel in remaining 1 Tbsp. hot olive oil in a large nonstick skillet over medium-high heat 7 minutes or until tender and golden. Stir in prosciutto, and cook 1 minute or until slightly browned. Stir pear mixture into risotto. Season with salt and pepper to taste.
- Serve immediately.
- Note: We tested with Rice
- Select Arborio Italian-Style Rice and an 1,100-watt microwave oven. We found that self-sealing plastic wraps do not work in this application.

Nutrition Facts



PROTEIN 9.76% **FAT 45.33%** **CARBS 44.91%**

Properties

Glycemic Index:64.69, Glycemic Load:35.94, Inflammation Score:-7, Nutrition Score:15.60217394777%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 543.53kcal (27.18%), Fat: 27.2g (41.85%), Saturated Fat: 9.74g (60.85%), Carbohydrates: 60.65g (20.22%), Net Carbohydrates: 55.39g (20.14%), Sugar: 11.22g (12.47%), Cholesterol: 39.2mg (13.07%), Sodium: 608.17mg (26.44%), Alcohol: 1.54g (100%), Alcohol %: 0.46% (100%), Protein: 13.18g (26.36%), Folate: 134.99µg (33.75%), Manganese: 0.67mg (33.57%), Vitamin B3: 6.01mg (30.04%), Vitamin K: 27.23µg (25.93%), Vitamin B1: 0.39mg (25.79%), Selenium: 16.02µg (22.89%), Phosphorus: 217.28mg (21.73%), Fiber: 5.26g (21.05%), Iron: 3.15mg (17.51%), Copper: 0.32mg (15.81%), Potassium: 521.43mg (14.9%), Vitamin B6: 0.27mg (13.31%), Vitamin E: 1.61mg (10.7%), Vitamin C: 8.53mg (10.34%), Zinc: 1.54mg (10.26%), Vitamin B5: 0.97mg (9.71%), Vitamin B2: 0.16mg (9.62%), Calcium: 96.17mg (9.62%), Magnesium: 33.69mg (8.42%), Vitamin B12: 0.41µg (6.92%), Vitamin A: 301.19IU (6.02%)