



Risotto with Southern Greens and Bacon



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



2

CALORIES



647 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup arborio rice
- ☐ 3 slices bacon halved
- ☐ 2 canned tomatoes peeled
- ☐ 1 tablespoon canola oil
- ☐ 0.5 cup wine dry white
- ☐ 4 cloves garlic minced
- ☐ 4 ounces kale
- ☐ 3 cups chicken broth low sodium

- ☐ 2 onion thinly sliced coarsely chopped
- ☐ 0.8 teaspoon salt

Equipment

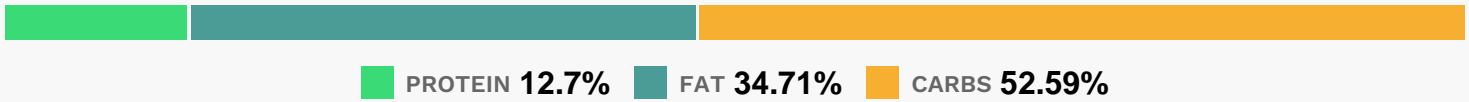
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ stove
- ☐ dutch oven

Directions

- ☐ In a large pot, bring 2 cups of the chicken stock to a boil over high heat.
- ☐ Add ¼ teaspoon salt and greens, reduce heat to medium, and cook until tender, about 15 minutes.
- ☐ Drain and reserve liquid.
- ☐ Heat oil in large Dutch oven over medium-high heat until shimmering.
- ☐ Add bacon and fry until all their fat is rendered, about 8 minutes.
- ☐ Place bacon on paper towel to drain, and pour out all but 2 tablespoons of fat from pan (reserve the fat you pour out). Reduce heat to low and add coarsely chopped onions. Cook, stirring, until soft, 4 to 5 minutes.
- ☐ Add 2 cloves garlic and cook another 2 to 3 minutes. Raise heat to medium, squeeze the tomatoes with your hands and add them. Cook, stirring occasionally, for 8 minutes.
- ☐ Add cooked greens and a ½ cup of reserved stock; simmer until heated through, about 5 minutes. Keep warm on the stove (or transfer to a bowl and reheat when you're ready to eat).
- ☐ Combine stock used to cook greens with remaining stock and warm to nearly boiling. Coat another Dutch oven with the remaining bacon fat (about 1 ½ tablespoons) and heat over medium-low heat.
- ☐ Add the sliced onion and cook until translucent, about 5 minutes.
- ☐ Add the remaining minced garlic and cook for one more minute.

- ☐
- Pour in the rice and continue to cook, stirring frequently until grains are covered in oil and beginning to toast, about 2 minutes.
- ☐
- Add salt and wine and cook, stirring, until nearly evaporated, about 1 minute. Raise heat to medium, and add 1 cup stock, stirring occasionally until the rice has absorbed the liquid.
- ☐
- Turn heat down to medium-low and continue adding stock to pot in half cup measures, stirring occasionally until each batch is absorbed before adding more. Continue adding stock until rice is tender but retains a little bite, about 30 minutes (you may not use all the stock).
- ☐
- Scoop risotto into two serving bowls. Top with half the greens, warmed, and 3 half slices of bacon. Repeat with remaining risotto, greens, and bacon.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:112, Glycemic Load:50.09, Inflammation Score:-10, Nutrition Score:34.876521768777%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 18.89mg, Isorhamnetin: 18.89mg, Isorhamnetin: 18.89mg, Isorhamnetin: 18.89mg Kaempferol: 27.27mg, Kaempferol: 27.27mg, Kaempferol: 27.27mg, Kaempferol: 27.27mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 35.26mg, Quercetin: 35.26mg, Quercetin: 35.26mg, Quercetin: 35.26mg

Nutrients (% of daily need)

Calories: 646.93kcal (32.35%), Fat: 23.6g (36.31%), Saturated Fat: 5.79g (36.22%), Carbohydrates: 80.43g (26.81%), Net Carbohydrates: 73.99g (26.91%), Sugar: 6.26g (6.95%), Cholesterol: 21.78mg (7.26%), Sodium: 1237.26mg (53.79%), Alcohol: 6.18g (100%), Alcohol %: 1.11% (100%), Protein: 19.43g (38.85%), Vitamin K: 226.95µg (216.15%), Vitamin A: 5681.33IU (113.63%), Vitamin C: 63.06mg (76.44%), Manganese: 1.47mg (73.58%), Folate: 230.21µg (57.55%), Vitamin B3: 10.18mg (50.89%), Vitamin B1: 0.65mg (43.02%), Phosphorus: 308.35mg (30.84%), Iron: 5.47mg (30.41%), Vitamin B6: 0.57mg (28.63%), Selenium: 19.94µg (28.48%), Fiber: 6.44g (25.76%), Potassium: 854.46mg (24.41%), Vitamin B2: 0.41mg (24.21%), Copper: 0.45mg (22.38%), Calcium: 204.52mg (20.45%), Magnesium: 62.18mg (15.55%), Zinc: 2.12mg (14.15%), Vitamin B5: 1.4mg (14.01%), Vitamin E: 1.78mg (11.87%), Vitamin

B12: 0.52µg (8.65%)