



## Roasted Chicken and Corn Risotto

 Gluten Free

READY IN



68 min.

SERVINGS



8

CALORIES



353 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1.3 cups arborio rice
- 2 ounces asiago cheese fresh grated
- 3 slices 0%-less-fat bacon crumbled cooked
- 0.3 teaspoon pepper black freshly ground
- 0.5 cup vermouth dry
- 5 cups chicken broth fat-free low-sodium
- 0.3 cup half-and-half fat-free
- 2 cups corn kernels fresh ( 3 large ears)

- 2 garlic cloves minced
- 0.3 cup green onions thinly sliced
- 2 teaspoons olive oil
- 4 cups roasted chicken breast chopped
- 0.5 cup shallots minced

## Equipment

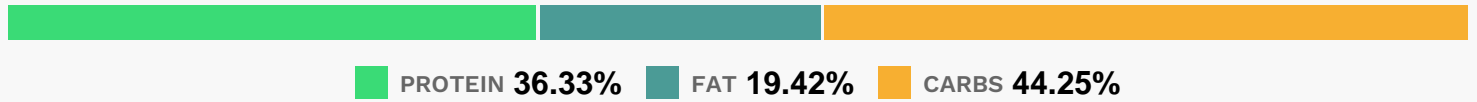
- baking sheet
- sauce pan
- broiler
- dutch oven

## Directions

- Preheat broiler.
- Place corn on a baking sheet coated with cooking spray. Broil 7 minutes or until lightly browned.
- Remove from baking sheet, and set aside.
- Bring broth to a simmer in a medium saucepan (do not boil). Keep warm over low heat.
- Heat oil in a large Dutch oven over medium-high heat.
- Add shallots and garlic; saut 2 minutes or until tender. Reduce heat to medium.
- Add rice; cook 1 minute, stirring constantly.
- Add vermouth; cook 1 minute or until liquid is nearly absorbed, stirring constantly.
- Reduce heat to medium-low.
- Add broth, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 25 to 30 minutes total).
- Gently stir in chicken and corn.
- Add half-and-half, green onions, and black pepper. Cook until thoroughly heated (do not boil).
- Sprinkle each serving evenly with cheese and bacon.

Serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:29.13, Glycemic Load:20.35, Inflammation Score:-6, Nutrition Score:16.520434866781%

### Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

### Nutrients (% of daily need)

Calories: 352.86kcal (17.64%), Fat: 7.4g (11.39%), Saturated Fat: 2.67g (16.67%), Carbohydrates: 37.96g (12.65%), Net Carbohydrates: 35.77g (13.01%), Sugar: 4.25g (4.73%), Cholesterol: 65.17mg (21.72%), Sodium: 228.17mg (9.92%), Alcohol: 1.42g (100%), Alcohol %: 0.54% (100%), Protein: 31.16g (62.32%), Vitamin B3: 13.63mg (68.15%), Selenium: 26.44µg (37.77%), Phosphorus: 341.11mg (34.11%), Vitamin B6: 0.6mg (29.84%), Folate: 98.16µg (24.54%), Manganese: 0.47mg (23.27%), Vitamin B1: 0.3mg (20.15%), Iron: 2.85mg (15.86%), Potassium: 516.31mg (14.75%), Vitamin B5: 1.47mg (14.65%), Magnesium: 51.09mg (12.77%), Vitamin B2: 0.21mg (12.48%), Calcium: 120.78mg (12.08%), Zinc: 1.71mg (11.42%), Copper: 0.22mg (10.86%), Fiber: 2.19g (8.74%), Vitamin B12: 0.52µg (8.69%), Vitamin K: 7.76µg (7.39%), Vitamin C: 4.54mg (5.5%), Vitamin A: 174.23IU (3.48%), Vitamin E: 0.4mg (2.7%)