



Roasted Chicken and Portobello Risotto

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



556 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 cups arborio uncooked
- 2 bacon thin
- 0.3 teaspoon pepper black
- 4 teaspoons butter divided
- 29 ounce less-sodium chicken broth fat-free canned
- 6 tablespoons parsley fresh divided chopped
- 2 ounces parmesan cheese fresh grated
- 0.5 cup wine dry white

- 6 ounces portobello mushroom caps coarsely chopped
- 0.5 teaspoon salt divided
- 0.3 cup shallots minced
- 8 ounces meat from a rotisserie chicken shredded cooked

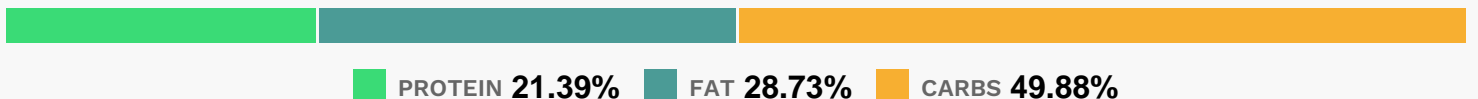
Equipment

- frying pan
- sauce pan

Directions

- Cook bacon in a large nonstick skillet over medium heat until crisp.
- Remove bacon from pan; crumble.
- Add 1 teaspoon butter and mushrooms to drippings in pan; saut 5 minutes.
- Sprinkle with 1/4 teaspoon salt. Stir in chicken and 4 tablespoons parsley. Set aside.
- Melt the remaining 3 teaspoons butter in a large saucepan over medium heat.
- Add shallots; cook 3 minutes.
- Add rice; cook 1 minute, stirring constantly. Stir in wine; cook 5 minutes or until liquid is nearly absorbed, stirring constantly.
- Add broth, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 35 minutes total).
- Remove from heat. Stir in mushroom mixture, cheese, remaining 1/4 teaspoon salt, and pepper.
- Sprinkle with bacon and the remaining 2 tablespoons parsley.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:47.87, Inflammation Score:-8, Nutrition Score:27.250869559205%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 555.77kcal (27.79%), Fat: 16.8g (25.84%), Saturated Fat: 7.53g (47.05%), Carbohydrates: 65.62g (21.87%), Net Carbohydrates: 62.26g (22.64%), Sugar: 2.99g (3.32%), Cholesterol: 70.17mg (23.39%), Sodium: 1517.13mg (65.96%), Alcohol: 3.09g (100%), Alcohol %: 0.85% (100%), Protein: 28.14g (56.29%), Vitamin K: 99.43µg (94.7%), Selenium: 43.37µg (61.96%), Vitamin B3: 11.24mg (56.18%), Folate: 205.66µg (51.41%), Manganese: 0.95mg (47.4%), Phosphorus: 382.01mg (38.2%), Vitamin B1: 0.55mg (36.68%), Vitamin B6: 0.57mg (28.33%), Iron: 5.09mg (28.25%), Vitamin B5: 2.46mg (24.61%), Calcium: 205.32mg (20.53%), Copper: 0.38mg (19.23%), Zinc: 2.64mg (17.59%), Vitamin B2: 0.29mg (17%), Potassium: 544.96mg (15.57%), Vitamin A: 769.69IU (15.39%), Vitamin B12: 0.83µg (13.84%), Fiber: 3.36g (13.42%), Magnesium: 48.2mg (12.05%), Vitamin C: 9.16mg (11.11%), Vitamin E: 0.26mg (1.7%), Vitamin D: 0.24µg (1.62%)