



Sundried Tomato & Bacon Risotto

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



47 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup arborio rice uncooked
- 4 slices oscar mayer bacon chopped
- 2 cups chicken broth fat-free reduced-sodium
- 2 cups mushrooms fresh sliced
- 2 Tbsp parsley fresh chopped
- 0.5 cup parmesan cheese grated kraft
- 0.3 cup sun tomato vinaigrette dressing dried kraft
- 1 cup water

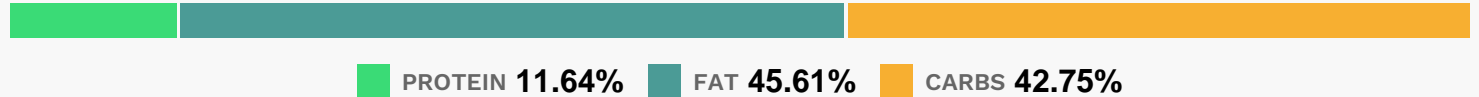
Equipment

frying pan

Directions

- Heat broth and water; set aside. Cook bacon in large skillet on medium-high heat 5 min. or until crisp, stirring occasionally.
- Drain bacon; discard drippings. Return bacon to skillet.
- Add mushrooms to skillet; cook 3 min., stirring occasionally.
- Add rice and dressing; stir 1 min.
- Add half of the broth mixture; cook 5 min. or until most of the liquid is absorbed, stirring occasionally.
- Add remaining broth mixture; cook 10 min. or until rice is tender and almost all of the liquid is absorbed, stirring occasionally.
- Sprinkle with cheese and parsley.

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:3.62, Inflammation Score:-1, Nutrition Score:1.7986956523812%

Flavonoids

Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 46.78kcal (2.34%), Fat: 2.36g (3.64%), Saturated Fat: 0.73g (4.56%), Carbohydrates: 4.99g (1.66%), Net Carbohydrates: 4.77g (1.73%), Sugar: 0.18g (0.2%), Cholesterol: 2.9mg (0.97%), Sodium: 95.51mg (4.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.72%), Vitamin K: 5.35µg (5.09%), Selenium: 2.69µg (3.85%), Folate: 14.68µg (3.67%), Manganese: 0.07mg (3.26%), Vitamin B3: 0.61mg (3.05%), Vitamin B1: 0.05mg (3.01%), Phosphorus: 24.38mg (2.44%), Vitamin B2: 0.03mg (2.04%), Vitamin B5: 0.19mg (1.91%), Iron: 0.32mg (1.76%), Copper: 0.03mg (1.75%), Calcium: 14.11mg (1.41%), Vitamin B6: 0.03mg (1.27%), Zinc: 0.19mg (1.26%)