



## Baked Rice with Butternut Squash

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



220 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup arborio uncooked
- 0.3 teaspoon pepper black
- 1.5 pounds butternut squash
- 0.3 cup cooking wine dry white
- 2 cups less-sodium chicken broth fat-free
- 2 garlic cloves minced
- 1 teaspoon olive oil
- 1 cup onion diced

- 1 ounce parmesan cheese fresh grated
- 1 tablespoon teaspoon rubbed sage dried fresh chopped
- 0.5 teaspoon salt
- 1 cup water
- 1 teaspoon or dried fresh chopped

## Equipment

- frying pan
- baking sheet
- sauce pan
- oven
- baking pan

## Directions

- Preheat oven to 35
- Place squash on a baking sheet.
- Bake at 350 for 30 minutes or until tender; cool. Peel squash; cut in half lengthwise. Discard seeds and membranes; cut into 1/2-inch cubes. Increase oven temperature to 40
- Bring broth, water, and sage to a simmer in a medium saucepan (do not boil).
- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion; saut 6 minutes.
- Add garlic; saut 2 minutes.
- Add rice; saut 1 minute. Stir in squash, broth mixture, wine, chopped thyme, salt, and pepper; cook 5 minutes, stirring occasionally.
- Place rice mixture in a 13 x 9-inch baking dish coated with cooking spray.
- Bake at 400 for 30 minutes. Stir mixture gently.
- Sprinkle with cheese; bake an additional 5 minutes or until cheese melts.
- Garnish with fresh thyme sprigs, if desired.

## Nutrition Facts

PROTEIN 10.67% FAT 9.87% CARBS 79.46%

## Properties

Glycemic Index:35.5, Glycemic Load:21.6, Inflammation Score:-10, Nutrition Score:17.431304450916%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg

## Nutrients (% of daily need)

Calories: 219.88kcal (10.99%), Fat: 2.39g (3.68%), Saturated Fat: 0.98g (6.12%), Carbohydrates: 43.34g (14.45%), Net Carbohydrates: 39.45g (14.35%), Sugar: 3.89g (4.32%), Cholesterol: 3.21mg (1.07%), Sodium: 587.7mg (25.55%), Alcohol: 1.03g (100%), Alcohol %: 0.43% (100%), Protein: 5.82g (11.64%), Vitamin A: 12118.2IU (242.36%), Manganese: 0.68mg (34.08%), Vitamin C: 26.29mg (31.87%), Folate: 115.29µg (28.82%), Vitamin B1: 0.33mg (21.81%), Vitamin B3: 3.24mg (16.22%), Fiber: 3.89g (15.57%), Iron: 2.76mg (15.34%), Vitamin B6: 0.31mg (15.3%), Potassium: 507.66mg (14.5%), Magnesium: 55.31mg (13.83%), Calcium: 133.58mg (13.36%), Selenium: 8.64µg (12.34%), Phosphorus: 122.04mg (12.2%), Vitamin E: 1.78mg (11.89%), Vitamin B5: 1.04mg (10.39%), Vitamin K: 10.6µg (10.1%), Copper: 0.19mg (9.64%), Zinc: 0.78mg (5.21%), Vitamin B2: 0.08mg (4.82%), Vitamin B12: 0.21µg (3.47%)