



WHATSheATE



Barley, Butternut Squash, and Shiitake Risotto

READY IN



45 min.

SERVINGS



6

CALORIES



314 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 3 cups butternut squash cubed peeled () (1 1/2 pounds)
- ☐ 2 tablespoons thyme leaves fresh
- ☐ 2 garlic cloves chopped
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 3 tablespoons olive oil divided
- ☐ 1 cup pearl barley uncooked
- ☐ 0.3 cup onion red finely chopped
- ☐ 0.5 pound shiitake mushroom caps thinly sliced

- ☐ 4 ounces taleggio cheese diced
- ☐ 3.5 cups vegetable broth organic
- ☐ 0.7 cup white wine

Equipment

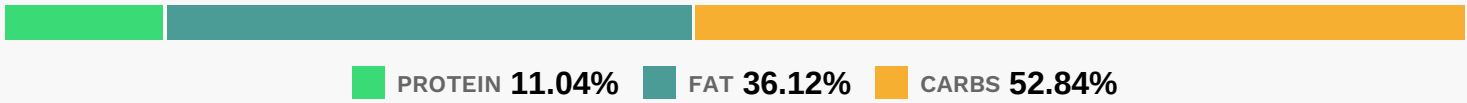
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 450
- ☐ Combine squash, 1 tablespoon oil, and 1/4 teaspoon salt; toss well to coat. Arrange squash mixture in a single layer on a baking sheet.
- ☐ Bake at 450 for 25 minutes, stirring once.
- ☐ Heat 1 tablespoon oil in a large Dutch oven over medium-high heat.
- ☐ Add mushrooms; saut 5 minutes or until browned, stirring occasionally.
- ☐ Transfer mushroom mixture to a bowl; keep warm.
- ☐ Heat remaining 1 tablespoon oil in pan.
- ☐ Add onion; saut 4 minutes or until tender, stirring occasionally.
- ☐ Add barley and garlic; cook 1 minute, stirring constantly.
- ☐ Add wine; bring to a boil. Cook 3 minutes or until liquid is nearly absorbed.
- ☐ Add broth, remaining 1/2 teaspoon salt, and pepper; bring to a boil. Cover, reduce heat, and simmer 30 minutes or until barley is tender and liquid is nearly absorbed.
- ☐ Remove from heat; add cheese, stirring until cheese melts. Stir in squash, mushrooms, and thyme.
- ☐ Serve immediately.
- ☐ Wine note: The 2008 J Lohr Riverstone Chardonnay (California, \$1

 is a buttery, beautiful partner for this creamy-textured risotto. Tropical fruit notes, ripe pear, melon, and vanilla aromas combine for a wine that will embrace the rich flavors in this dish. --
Natalia MacLean

Nutrition Facts



Properties

Glycemic Index:37.67, Glycemic Load:1.81, Inflammation Score:-10, Nutrition Score:17.684782660526%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 313.95kcal (15.7%), Fat: 12.42g (19.11%), Saturated Fat: 4.45g (27.84%), Carbohydrates: 40.89g (13.63%), Net Carbohydrates: 32.82g (11.94%), Sugar: 4.51g (5.02%), Cholesterol: 14.93mg (4.98%), Sodium: 1073.27mg (46.66%), Alcohol: 2.75g (100%), Alcohol %: 1.01% (100%), Protein: 8.54g (17.09%), Vitamin A: 8220.45IU (164.41%), Manganese: 0.78mg (38.99%), Fiber: 8.06g (32.26%), Vitamin C: 19.41mg (23.52%), Selenium: 15.29µg (21.84%), Vitamin B3: 3.93mg (19.65%), Vitamin B6: 0.35mg (17.5%), Magnesium: 65.38mg (16.35%), Calcium: 162.4mg (16.24%), Phosphorus: 150.61mg (15.06%), Potassium: 506.01mg (14.46%), Vitamin E: 2.03mg (13.51%), Copper: 0.27mg (13.29%), Iron: 2.04mg (11.35%), Vitamin B1: 0.15mg (9.86%), Vitamin B5: 0.98mg (9.81%), Vitamin B2: 0.15mg (8.98%), Zinc: 1.31mg (8.71%), Folate: 34.53µg (8.63%), Vitamin K: 6.01µg (5.73%), Vitamin D: 0.15µg (1.01%)