



Bulgur Risotto with Roasted Garlic and Butternut Squash

READY IN



45 min.

SERVINGS



6

CALORIES



253 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups bulgur uncooked
- ☐ 3 cups butternut squash cubed peeled () (1 1/4 pounds)
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 teaspoon sage fresh chopped
- ☐ 8 garlic cloves unpeeled
- ☐ 4 teaspoons olive oil divided
- ☐ 3 ounces parmigiano-reggiano cheese grated

- ☐ 1 teaspoon salt
- ☐ 5 cups water

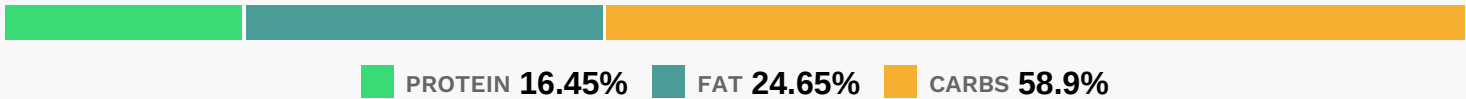
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 40
- ☐ Combine squash and garlic in a shallow roasting pan.
- ☐ Drizzle with 2 teaspoons oil, tossing gently to coat.
- ☐ Bake at 400 for 20 minutes or until squash is tender, stirring once.
- ☐ Let cool 10 minutes. Peel garlic; chop. Discard skins.
- ☐ Combine water and salt in a medium saucepan, and bring to a simmer (do not boil). Keep warm over low heat.
- ☐ Heat 2 teaspoons oil in a medium saut pan over medium heat.
- ☐ Add bulgur; cook 2 minutes, stirring constantly.
- ☐ Add wine; cook 2 minutes or until liquid is nearly absorbed, stirring constantly.
- ☐ Add warm salted water, 1/2 cup at a time, stirring frequently until each portion of warm salted water is absorbed before adding the next (about 27 minutes total). Stir in squash and garlic; cook 3 minutes or until thoroughly heated.
- ☐ Remove from heat; stir in parsley and sage.
- ☐ Sprinkle each serving with cheese.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:10.05, Inflammation Score:-10, Nutrition Score:20.699565295292%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 253.42kcal (12.67%), Fat: 6.91g (10.62%), Saturated Fat: 2.8g (17.52%), Carbohydrates: 37.14g (12.38%), Net Carbohydrates: 29.2g (10.62%), Sugar: 2.03g (2.26%), Cholesterol: 9.64mg (3.21%), Sodium: 635.39mg (27.63%), Alcohol: 2.06g (100%), Alcohol %: 0.76% (100%), Protein: 10.37g (20.74%), Vitamin A: 7611.38IU (152.23%), Manganese: 1.34mg (66.83%), Copper: 1.23mg (61.41%), Fiber: 7.93g (31.74%), Phosphorus: 236.7mg (23.67%), Magnesium: 93.32mg (23.33%), Calcium: 232.01mg (23.2%), Vitamin C: 16.83mg (20.41%), Vitamin B6: 0.3mg (15.03%), Vitamin K: 14.36µg (13.68%), Vitamin B3: 2.73mg (13.63%), Potassium: 438.4mg (12.53%), Vitamin B1: 0.17mg (11.15%), Vitamin E: 1.45mg (9.68%), Iron: 1.69mg (9.37%), Zinc: 1.27mg (8.5%), Folate: 30.68µg (7.67%), Vitamin B5: 0.75mg (7.45%), Selenium: 4.93µg (7.05%), Vitamin B2: 0.11mg (6.46%), Vitamin B12: 0.17µg (2.83%)