



 **21%**  
HEALTH SCORE

## Butternut Orzo Risotto

READY IN



45 min.

SERVINGS



5

CALORIES



225 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 3 cups butternut squash cubed peeled ()
- 1 teaspoon olive oil
- 0.1 teaspoon salt
- 0.3 teaspoon pepper divided
- 3 cups chicken broth reduced-sodium
- 1 small onion chopped
- 2 teaspoons butter
- 1 cup orzo pasta uncooked
- 1 garlic clove minced

- 2 tablespoons parsley fresh minced
- 1.5 teaspoons sage fresh minced
- 0.5 teaspoon thyme sprigs fresh minced
- 1 serving parmesan shaved

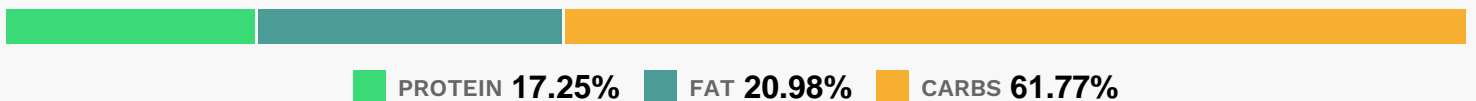
## Equipment

- frying pan
- sauce pan
- oven
- baking pan

## Directions

- Place squash in a greased 15x10x1-in. baking pan.
- Drizzle with oil; sprinkle with salt and 1/8 teaspoon pepper.
- Bake at 400&deg; for 15–20 minutes or until tender, stirring occasionally.
- Meanwhile, in a small saucepan, heat broth and keep warm. In a large nonstick skillet, saute onion in butter until tender.
- Add orzo and garlic; cook and stir for 2–3 minutes. Carefully stir in 1 cup warm broth. Cook and stir until all of the liquid is absorbed.
- Add remaining broth, 1/2 cup at a time, stirring constantly. Allow the liquid to absorb between additions. Cook until risotto is creamy and orzo is almost tender. (Cooking time is about 20 minutes.)
- Add the herbs, cooked squash and remaining pepper; heat through.
- Garnish with cheese if desired; serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:57, Glycemic Load:9.44, Inflammation Score:-10, Nutrition Score:20.286521712723%

## Flavonoids

Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

## Nutrients (% of daily need)

Calories: 225.08kcal (11.25%), Fat: 5.43g (8.35%), Saturated Fat: 2.5g (15.66%), Carbohydrates: 35.94g (11.98%), Net Carbohydrates: 32.9g (11.96%), Sugar: 3.5g (3.88%), Cholesterol: 8.38mg (2.79%), Sodium: 216.4mg (9.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.03g (20.06%), Vitamin A: 9171.21IU (183.42%), Copper: 2.05mg (102.61%), Selenium: 20.91µg (29.87%), Manganese: 0.55mg (27.63%), Vitamin K: 28.15µg (26.81%), Vitamin C: 21.31mg (25.83%), Vitamin B3: 3.52mg (17.61%), Phosphorus: 175.52mg (17.55%), Potassium: 527.19mg (15.06%), Calcium: 135.55mg (13.55%), Magnesium: 52.42mg (13.1%), Fiber: 3.04g (12.16%), Vitamin B6: 0.22mg (10.92%), Vitamin E: 1.43mg (9.56%), Iron: 1.58mg (8.78%), Folate: 33.78µg (8.44%), Vitamin B1: 0.12mg (8.3%), Vitamin B2: 0.11mg (6.22%), Zinc: 0.92mg (6.14%), Vitamin B5: 0.52mg (5.24%), Vitamin B12: 0.22µg (3.62%)