



Butternut Risotto

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



6

CALORIES



342 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups arborio uncooked
- 4 cups butternut cubed peeled () (2 pounds)
- 1 cup celery thinly sliced
- 0.3 cup cooking wine dry white
- 1 tablespoon sage fresh thinly sliced
- 1 small leek trimmed cut in half lengthwise
- 2 teaspoons juice of lemon
- 4 cups low-salt chicken broth

- 1 tablespoon olive oil
- 0.3 cup parmesan cheese fresh grated
- 0.5 teaspoon salt
- 1.3 cups water
- 0.3 teaspoon pepper white

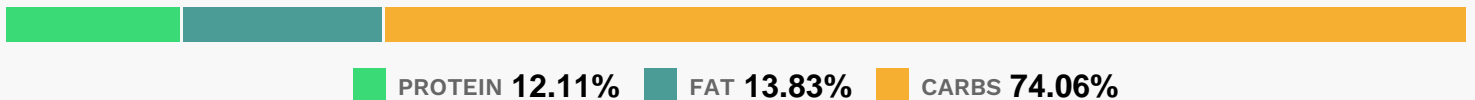
Equipment

- sauce pan

Directions

- Bring chicken broth and water to a simmer in a saucepan (do not boil). Keep the broth warm over low heat.
- Cut leek crosswise into thin slices.
- Heat oil in a large saucepan over medium heat.
- Add leek and celery, and saut 2 minutes.
- Add rice and sage, and saut 1 minute. Stir in wine, and cook 1 minute or until liquid is nearly absorbed, stirring constantly. Stir in 1/2 cup broth mixture, squash, and salt, and cook until liquid is nearly absorbed, stirring constantly.
- Add remaining broth mixture, 1/2 cup at a time, stirring constantly, and cook until each portion of broth mixture is absorbed before adding the next (about 20 minutes). Stir in Parmesan cheese, lemon juice, and pepper.

Nutrition Facts



Properties

Glycemic Index:31.33, Glycemic Load:32.07, Inflammation Score:-10, Nutrition Score:27.241304498652%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.29mg,

Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 341.96kcal (17.1%), Fat: 5.26g (8.09%), Saturated Fat: 1.66g (10.38%), Carbohydrates: 63.38g (21.13%), Net Carbohydrates: 58.19g (21.16%), Sugar: 4.69g (5.21%), Cholesterol: 3.78mg (1.26%), Sodium: 356.64mg (15.51%), Alcohol: 1.37g (100%), Alcohol %: 0.37% (100%), Protein: 10.36g (20.73%), Vitamin A: 17132.54IU (342.65%), Copper: 3.37mg (168.28%), Manganese: 1.05mg (52.32%), Vitamin C: 36.09mg (43.74%), Folate: 174.5µg (43.63%), Vitamin B3: 6.25mg (31.25%), Vitamin B1: 0.46mg (30.59%), Potassium: 819.65mg (23.42%), Iron: 4.12mg (22.87%), Fiber: 5.19g (20.76%), Vitamin B6: 0.4mg (20.19%), Phosphorus: 197.59mg (19.76%), Magnesium: 78.89mg (19.72%), Vitamin E: 2.8mg (18.69%), Calcium: 174.56mg (17.46%), Vitamin K: 15.19µg (14.47%), Selenium: 9.82µg (14.03%), Vitamin B5: 1.37mg (13.7%), Vitamin B2: 0.14mg (8.17%), Zinc: 1.18mg (7.86%), Vitamin B12: 0.22µg (3.73%)