



Butternut Squash and Kale Risotto



Vegetarian



Gluten Free



Low Fod Map

READY IN



60 min.

SERVINGS



8

CALORIES



91 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 servings pepper black freshly ground
- 2 tablespoons butter
- 0.5 butternut squash diced peeled seeded
- 0.3 teaspoon chile powder to taste (more)
- 1 bunch kale
- 0.5 teaspoon kosher salt
- 5 cups chicken broth low-sodium
- 1 tablespoon olive oil

Equipment

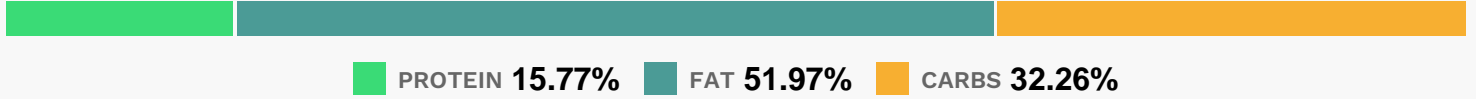
- frying pan
- sauce pan
- spatula
- tongs

Directions

- Watch how to make this recipe.
- Heat 1 tablespoon of the butter and the olive oil in a large skillet over high heat.
- Add the squash and sprinkle with the salt, chile powder and pepper. Cook for several minutes, turning gently with a spatula, until the squash is deep golden brown and tender (but not falling apart).
- Remove to a plate and set aside.
- In the same skillet, melt the remaining 1 tablespoon butter over medium-high heat and add in the kale. Toss it around with tongs and cook it for 3 to 4 minutes.
- Add in the cooked squash and gently toss together.
- Remove to a plate and set aside.
- Heat the broth in a saucepan over low heat. Keep warm.
- Add the butter to the same skillet over medium-low heat.
- Add the onions and cook until translucent, 2 to 3 minutes.
- Add the rice and stir, cooking for 1 minute.
- Reduce the heat to low. In 1-cup increments, begin adding the broth to the skillet, stirring to combine and gently stirring as the broth is absorbed. As soon as the liquid disappears, add in another cup to cup-and-a-half of broth. Continue this process, stirring gently as the broth incorporates and the rice starts to become tender.
- Add salt and pepper along the way.
- Taste the rice after about 5 cups of broth have been absorbed and see what the consistency is.
- Add another 1 to 2 cups of broth as needed to get the rice to the right consistency; it should be tender with just a little bit of "bite."

- When the rice is tender, add in the cooked squash and kale plus the turmeric and stir gently.
- Add the Parmesan shavings and cream and stir until it's just combined. Taste and add more salt and pepper as needed.
- Sprinkle the minced parsley over the top and serve immediately with extra Parmesan shavings!

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.03, Inflammation Score:-10, Nutrition Score:13.136521733325%

Flavonoids

Isorhamnetin: 3.84mg, Isorhamnetin: 3.84mg, Isorhamnetin: 3.84mg, Isorhamnetin: 3.84mg Kaempferol: 7.61mg, Kaempferol: 7.61mg, Kaempferol: 7.61mg, Kaempferol: 7.61mg Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg

Nutrients (% of daily need)

Calories: 91.37kcal (4.57%), Fat: 5.77g (8.88%), Saturated Fat: 2.35g (14.66%), Carbohydrates: 8.07g (2.69%), Net Carbohydrates: 6.41g (2.33%), Sugar: 1.36g (1.51%), Cholesterol: 7.53mg (2.51%), Sodium: 223.66mg (9.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.88%), Vitamin A: 6712.73IU (134.25%), Vitamin K: 65.42µg (62.3%), Vitamin C: 25.02mg (30.33%), Vitamin B3: 2.78mg (13.92%), Manganese: 0.22mg (10.8%), Potassium: 351.84mg (10.05%), Vitamin E: 1.14mg (7.6%), Calcium: 71.27mg (7.13%), Phosphorus: 69.84mg (6.98%), Fiber: 1.65g (6.6%), Vitamin B2: 0.11mg (6.59%), Copper: 0.12mg (5.98%), Magnesium: 23.11mg (5.78%), Folate: 22.87µg (5.72%), Vitamin B6: 0.11mg (5.63%), Iron: 0.93mg (5.17%), Vitamin B1: 0.07mg (4.38%), Vitamin B12: 0.15µg (2.56%), Vitamin B5: 0.21mg (2.08%), Zinc: 0.29mg (1.92%)