



## Butternut Squash and Pine-Nut Risotto

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



441 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 cup arborio rice
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2.5 cups butternut squash cubed peeled ()
- ☐ 0.3 teaspoon ground coriander
- ☐ 0.3 teaspoon ground cumin
- ☐ 2 teaspoons olive oil divided
- ☐ 1.5 cups onion thinly sliced
- ☐ 4 ounces parmesan fresh grated

- ☐ 0.3 cup pinenuts
- ☐ 0.5 teaspoon salt
- ☐ 4 cups vegetable broth fat-free
- ☐ 1 cup water

## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pot

## Directions

- ☐ Preheat oven to 450
- ☐ Combine squash, 2 teaspoons oil, salt, cumin, and coriander.
- ☐ Place in a single, uncrowded layer on a baking sheet coated with cooking spray; bake at 450 for 20–25 minutes, turning once.
- ☐ Place nuts in a dry skillet over medium–high heat. Cook, stirring frequently, 3 minutes or until lightly browned.
- ☐ Transfer to a plate.
- ☐ Simmer broth and water in a medium saucepan (do not boil). Keep warm over low heat.
- ☐ Heat 1 tablespoon oil in a large saucepan over medium heat.
- ☐ Add onion; cook, stirring occasionally, 6 minutes or until golden brown.
- ☐ Add rice; cook 2 minutes, stirring constantly.
- ☐ Add broth, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 30 minutes total).
- ☐ Remove pot from heat; stir in squash, cheese, and nuts. Season generously with pepper and additional salt, if desired.

## Nutrition Facts



 PROTEIN **14.43%**  FAT **31.3%**  CARBS **54.27%**

Properties

Glycemic Index:54.5, Glycemic Load:34.17, Inflammation Score:-10, Nutrition Score:24.402174200701%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.18mg, Quercetin: 12.18mg, Quercetin: 12.18mg, Quercetin: 12.18mg

Nutrients (% of daily need)

Calories: 441.19kcal (22.06%), Fat: 15.56g (23.94%), Saturated Fat: 5.46g (34.14%), Carbohydrates: 60.72g (20.24%), Net Carbohydrates: 56.11g (20.4%), Sugar: 7g (7.78%), Cholesterol: 19.28mg (6.43%), Sodium: 1694.71mg (73.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.14g (32.28%), Vitamin A: 10029.81IU (200.6%), Manganese: 1.56mg (78.01%), Calcium: 399.44mg (39.94%), Folate: 155.43µg (38.86%), Phosphorus: 340.57mg (34.06%), Vitamin B1: 0.44mg (29.38%), Vitamin C: 22.92mg (27.78%), Selenium: 14.78µg (21.11%), Magnesium: 82.8mg (20.7%), Iron: 3.69mg (20.52%), Fiber: 4.61g (18.44%), Vitamin B3: 3.63mg (18.17%), Vitamin B6: 0.33mg (16.36%), Copper: 0.33mg (16.36%), Vitamin E: 2.42mg (16.11%), Potassium: 517.27mg (14.78%), Zinc: 2.13mg (14.19%), Vitamin B5: 1.23mg (12.26%), Vitamin B2: 0.17mg (10.13%), Vitamin K: 7.85µg (7.48%), Vitamin B12: 0.34µg (5.67%)