



Butternut Squash and Shiitake Mushroom Wild Rice Risotto



Vegetarian



Gluten Free

READY IN



100 min.

SERVINGS



10

CALORIES



383 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups arborio rice
- ☐ 3 tablespoons butter
- ☐ 4 cups butternut squash cubed
- ☐ 3 ounces mushroom caps dried sliced
- ☐ 1 cup cooking wine dry white
- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 4 ounce gorgonzola cheese crumbled

- ☐ 10 servings salt and ground pepper black to taste
- ☐ 1 tablespoon maple syrup
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion finely chopped
- ☐ 4 cups vegetable stock
- ☐ 4 cups water
- ☐ 1 cup rice wild

Equipment

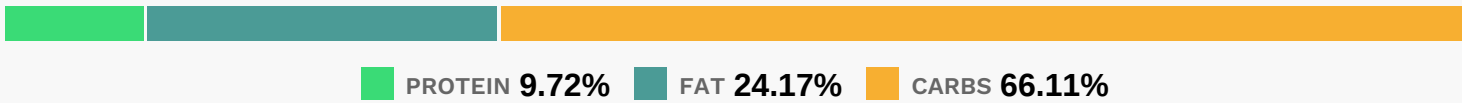
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Combine the shiitake mushrooms and water in a bowl, assuring the mushrooms are covered with water; allow to soak until the mushrooms have softened, about 30 minutes.
- ☐ Drain and reserve the liquid for later use.
- ☐ Preheat an oven to 375 degrees F (190 degrees C).
- ☐ Toss the butternut squash, olive oil, and maple syrup together in a bowl until the squash is evenly coated.
- ☐ Spread onto a baking sheet.
- ☐ Roast the squash in the preheated oven until tender yet retains its shape, about 30 minutes; set aside.
- ☐ Bring the vegetable stock and the reserved liquid from the mushrooms to a simmer in a saucepan over medium heat.
- ☐ Melt the butter in a large skillet over medium heat; when the butter begins to foam, stir the onion into the butter and cook until the onions are soft and golden, 5 to 7 minutes. Stir the wild rice and the Arborio rice through the onions until evenly mixed and coated.

- ☐
- Add the white wine and mushrooms to the onion; cook, stirring occasionally, until the liquid has been absorbed, 7 to 10 minutes.
- ☐
- Pour enough of the simmering stock mixture into the skillet to cover the rice; cook and stir until the liquid is nearly completely absorbed. Continue adding stock about 3/4 cups at a time, allowing each batch to absorb into the mixture before adding the next. Cook and stir until the rice is tender, about 35 minutes total.
- ☐
- Add the butternut squash; cook until the squash is hot, 2 to 3 minutes. Reduce heat to low. Quickly stir the Gorgonzola cheese and parsley into the mixture until the risotto is moist and creamy; remove from heat. Season with salt and pepper; serve immediately.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:32.75, Inflammation Score:-10, Nutrition Score:23.883478361627%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 382.7kcal (19.14%), Fat: 10.02g (15.42%), Saturated Fat: 4.79g (29.93%), Carbohydrates: 61.7g (20.57%), Net Carbohydrates: 57.11g (20.77%), Sugar: 4.77g (5.3%), Cholesterol: 17.53mg (5.84%), Sodium: 546.75mg (23.77%), Alcohol: 2.47g (100%), Alcohol %: 0.84% (100%), Protein: 9.08g (18.15%), Vitamin A: 6601.11IU (132.02%), Vitamin K: 52.69µg (50.18%), Manganese: 0.95mg (47.63%), Folate: 148.46µg (37.11%), Copper: 0.68mg (33.99%), Vitamin B5: 3.01mg (30.15%), Vitamin B3: 4.8mg (23.98%), Vitamin B1: 0.34mg (22.77%), Vitamin C: 17.16mg (20.8%), Phosphorus: 206.23mg (20.62%), Magnesium: 77.42mg (19.35%), Fiber: 4.59g (18.36%), Selenium: 12.48µg (17.83%), Vitamin B6: 0.35mg (17.56%), Zinc: 2.55mg (16.97%), Iron: 2.89mg (16.05%), Vitamin B2: 0.26mg (15.37%), Potassium: 517.76mg (14.79%), Calcium: 108.5mg (10.85%), Vitamin E: 1.49mg (9.95%), Vitamin D: 0.39µg (2.59%), Vitamin B12: 0.15µg (2.42%)