



## Butternut Squash and Vanilla Risotto

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



311 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1.5 cups arborio rice medium-grain white
- 2 tablespoons butter
- 3 cups butternut squash cubed peeled (1-inch wide)
- 0.5 cup cooking wine dry white
- 2 tablespoons chives fresh finely chopped
- 0.8 cups onion finely chopped (from 1 onion)
- 0.5 cup parmesan freshly grated
- 0.5 teaspoon salt

- 1 large vanilla pod
- 4 cups vegetable broth

## Equipment

- bowl
- sauce pan
- slotted spoon

## Directions

- Watch how to make this recipe.
- In a medium saucepan, warm the broth over medium-high heat.
- Cut the vanilla bean in half lengthwise. Scrape out the seeds and add them, and the bean, to the broth. When the broth comes to a simmer reduce the heat to low.
- Add the butternut squash to the simmering broth and cook until tender, about 5 minutes. Using a slotted spoon remove the butternut squash to a side dish. Turn the heat on the broth down to very low and cover to keep warm.
- Meanwhile, in a large, heavy saucepan, melt 2 tablespoons of the butter over medium heat.
- Add the onion and saute until tender but not brown, about 3 minutes.
- Add the rice and stir to coat with the butter.
- Add the wine and simmer until the wine has almost completely evaporated, about 3 minutes.
- Add 1/2 cup of the simmering broth and stir until almost completely absorbed, about 2 minutes. Continue cooking the rice, adding the broth 1/2 cup at a time, stirring constantly and allowing each addition to of the broth to absorb before adding the next, until the rice is tender but still firm to the bite and the mixture is creamy, about 20 minutes total. Discard the vanilla bean. Turn off the heat. Gently stir in the butternut squash, Parmesan, the remaining tablespoon of butter, and salt.
- Transfer the risotto to a serving bowl and sprinkle with chives.
- Serve
- immediately.

## Nutrition Facts



■ PROTEIN 9.73% ■ FAT 19.43% ■ CARBS 70.84%

## Properties

Glycemic Index:48.5, Glycemic Load:32.78, Inflammation Score:-10, Nutrition Score:16.33608684462%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

## Nutrients (% of daily need)

Calories: 311.12kcal (15.56%), Fat: 6.42g (9.88%), Saturated Fat: 3.86g (24.13%), Carbohydrates: 52.67g (17.56%), Net Carbohydrates: 49.51g (18%), Sugar: 4g (4.44%), Cholesterol: 15.7mg (5.23%), Sodium: 989.09mg (43%), Alcohol: 2.06g (100%), Alcohol %: 0.79% (100%), Protein: 7.24g (14.47%), Vitamin A: 8000.33IU (160.01%), Manganese: 0.71mg (35.75%), Folate: 140.17µg (35.04%), Vitamin B1: 0.37mg (24.46%), Vitamin C: 16.76mg (20.32%), Iron: 2.79mg (15.49%), Vitamin B3: 2.97mg (14.86%), Calcium: 142.33mg (14.23%), Selenium: 9.95µg (14.22%), Phosphorus: 139.53mg (13.95%), Fiber: 3.16g (12.66%), Vitamin B6: 0.24mg (11.82%), Magnesium: 43.49mg (10.87%), Vitamin B5: 1mg (10.03%), Potassium: 339.59mg (9.7%), Copper: 0.17mg (8.42%), Vitamin E: 1.14mg (7.6%), Zinc: 0.95mg (6.35%), Vitamin B2: 0.08mg (4.52%), Vitamin K: 3.53µg (3.36%), Vitamin B12: 0.11µg (1.8%)