



## Butternut Squash Risotto

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



415 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1.5 cups arborio rice
- 3 pound butternut squash peeled seeded cut into 1/2-inch cubes
- 0.5 cup cooking wine dry white
- 0.5 tablespoon thyme leaves fresh
- 4 cups chicken broth low-sodium
- 2.5 tablespoons olive oil divided
- 1 medium onion finely chopped
- 0.3 cup parmigiano-reggiano finely grated

- 0.3 teaspoon pepper freshly ground
- 1 teaspoon salt divided
- 1 tablespoon butter unsalted
- 2 cups water

## Equipment

- frying pan
- sauce pan
- pot

## Directions

- Bring broth and water to a simmer in a saucepan.
- Heat 1 tablespoon oil in a nonstick skillet over medium-high heat. Cook squash with 1/2 teaspoon salt and 1/4 teaspoon pepper, stirring occasionally, until it is golden in spots (8-10 minutes). Stir in thyme.
- Add 1/2 cup broth mixture to skillet, reduce heat and cook, stirring occasionally, until squash is tender and broth is evaporated (8 to 10 minutes more).
- Remove from heat and set aside.
- Meanwhile, in a 4-quart heavy pot over medium heat, cook onion in remaining 1 1/2 tablespoons oil with remaining 1/2 teaspoon salt, stirring, until softened (about 6 minutes).
- Add rice and toss to coat with oil; cook 2 minutes.
- Add wine and cook until almost completely absorbed (2 minutes more).
- Stir 1/2 cup simmering broth into rice and cook at a strong simmer, stirring frequently, until broth is absorbed. Continue simmering and adding broth 1/2 cup at a time, stirring constantly and letting each addition be absorbed before adding more, until rice is creamy-looking but still al dente (about 20 minutes total); mixture should be the consistency of thick soup. (There may be leftover broth.)
- Stir in butter, cheese, and reserved squash.
- Serve immediately.

## Nutrition Facts



■ PROTEIN 10.02% ■ FAT 22.19% ■ CARBS 67.79%

## Properties

Glycemic Index:38, Glycemic Load:31.83, Inflammation Score:-10, Nutrition Score:25.964782637099%

## 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 Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

## Nutrients (% of daily need)

Calories: 415.39kcal (20.77%), Fat: 10.26g (15.79%), Saturated Fat: 3.1g (19.36%), Carbohydrates: 70.54g (23.51%), Net Carbohydrates: 64.19g (23.34%), Sugar: 6.2g (6.89%), Cholesterol: 7.85mg (2.62%), Sodium: 517.22mg (22.49%), Alcohol: 2.06g (100%), Alcohol %: 0.46% (100%), Protein: 10.43g (20.86%), Vitamin A: 24227.82IU (484.56%), Vitamin C: 49.92mg (60.51%), Manganese: 1.05mg (52.31%), Folate: 181.06µg (45.26%), Vitamin B3: 7mg (35%), Vitamin B1: 0.52mg (34.72%), Potassium: 1021.79mg (29.19%), Vitamin E: 4.17mg (27.82%), Fiber: 6.35g (25.4%), Magnesium: 97.77mg (24.44%), Vitamin B6: 0.49mg (24.43%), Iron: 4.31mg (23.92%), Phosphorus: 208.69mg (20.87%), Copper: 0.38mg (18.77%), Calcium: 177.96mg (17.8%), Vitamin B5: 1.61mg (16.07%), Selenium: 9.76µg (13.95%), Vitamin B2: 0.14mg (8.35%), Zinc: 1.24mg (8.27%), Vitamin K: 6.53µg (6.22%), Vitamin B12: 0.21µg (3.52%)