



## Butternut Squash Risotto

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



506 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 cups arborio rice
- 2 tablespoons butter
- 10 ounce butternut squash frozen cooked
- 1 quart chicken stock see
- 1 cup cooking wine dry white
- 2 cloves garlic grated chopped
- 6 servings nutmeg grated to taste
- 2 tablespoons olive oil extra-virgin

- 1 small onion chopped
- 1 cup parmigiano reggiano grated
- 7 leaves sage fresh
- 1 cup water

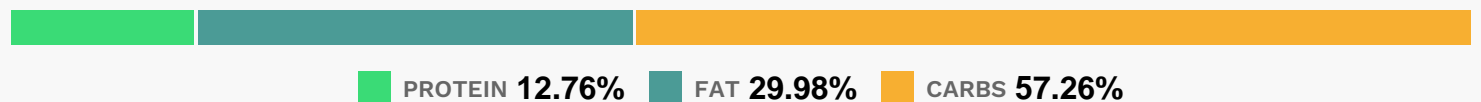
## Equipment

- frying pan
- ladle
- pot
- microwave

## Directions

- Bring 1 quart stock plus 1 cup water to a simmer in a sauce pot then reduce heat to low.
- Heat a medium skillet over medium to medium-high heat with olive oil. When oil ripples, add the onions and garlic and soften 2 to 3 minutes.
- Add rice and toast 2 to 3 minutes more.
- Add wine and cook it out completely, stirring occasionally, 2 to 3 minutes. Ladle in stock in intervals, a couple of ladles at a time. Allow liquids to evaporate each time. Risotto will cook 18 minutes, total, from the first addition of liquid. Defrost the squash in your microwave in a dish to collect any liquids and stir in squash the last 3 minutes of cook time, season with nutmeg, salt and pepper to taste. In the last minute of cooking time, stir in butter in small pieces, sage leaves and cheese, serve.

## Nutrition Facts



## Properties

Glycemic Index:50.17, Glycemic Load:42.77, Inflammation Score:-10, Nutrition Score:21.769130553888%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin:

0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg 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: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

## **Nutrients (% of daily need)**

Calories: 506.28kcal (25.31%), Fat: 15.79g (24.29%), Saturated Fat: 6.91g (43.21%), Carbohydrates: 67.85g (22.62%), Net Carbohydrates: 64.4g (23.42%), Sugar: 5.13g (5.7%), Cholesterol: 26.1mg (8.7%), Sodium: 530.13mg (23.05%), Alcohol: 4.12g (100%), Alcohol %: 1.33% (100%), Protein: 15.12g (30.23%), Vitamin A: 5276.47IU (105.53%), Manganese: 0.93mg (46.57%), Folate: 180.12µg (45.03%), Vitamin B1: 0.5mg (33.49%), Vitamin B3: 5.94mg (29.69%), Selenium: 17.84µg (25.49%), Phosphorus: 254.69mg (25.47%), Calcium: 241.18mg (24.12%), Copper: 0.44mg (22.2%), Iron: 3.86mg (21.45%), Vitamin B6: 0.35mg (17.39%), Vitamin B2: 0.24mg (14.35%), Vitamin C: 11.47mg (13.91%), Fiber: 3.45g (13.8%), Magnesium: 54.69mg (13.67%), Potassium: 455.74mg (13.02%), Vitamin B5: 1.17mg (11.66%), Zinc: 1.61mg (10.77%), Vitamin E: 1.55mg (10.32%), Vitamin K: 4.48µg (4.26%), Vitamin B12: 0.21µg (3.47%)