



Butternut Squash Risotto

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



328 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups arborio rice (short-grain)
- 3 tablespoons butter
- 1 lb butternut squash peeled seeded
- 0.5 cup wine dry white
- 1.3 cups onion finely chopped
- 0.5 cup parmesan cheese freshly grated
- 8 servings salt and pepper to taste
- 8 cups vegetable stock

0.3 cup whipping cream

Equipment

bowl

sauce pan

dutch oven

Directions

Cut squash into 1/2- to 3/4-inch cubes.

Bring broth to a boil in a large saucepan over medium heat; cover and reduce heat to low. Keep warm.

Meanwhile, melt butter in a large Dutch oven over medium heat.

Add onion, and saut 5 minutes or until tender.

Add squash, and cook, stirring occasionally, 4 minutes.

Add rice, and cook 2 minutes. Stir in wine; cook 1 minute.

Bring to a boil over medium-high heat. Reduce heat to low; add 1/2 cup hot broth, stirring constantly, until liquid is absorbed. Repeat procedure with remaining broth, 1/2 cup at a time. (Total cooking time is about 20 minutes.) Stir in Parmesan cheese and cream. Season with salt and pepper to taste.

Transfer to a large serving bowl.

Serve immediately.

*8 cups chicken broth may be substituted.

Nutrition Facts



PROTEIN 7.81% FAT 25.58% CARBS 66.61%

Properties

Glycemic Index:27.38, Glycemic Load:33.23, Inflammation Score:-10, Nutrition Score:15.446956484214%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg

Nutrients (% of daily need)

Calories: 327.81kcal (16.39%), Fat: 9.03g (13.9%), Saturated Fat: 5.47g (34.19%), Carbohydrates: 52.93g (17.64%), Net Carbohydrates: 49.97g (18.17%), Sugar: 4.67g (5.19%), Cholesterol: 25.13mg (8.38%), Sodium: 1283.45mg (55.8%), Alcohol: 1.54g (100%), Alcohol %: 0.49% (100%), Protein: 6.21g (12.42%), Vitamin A: 6822.75IU (136.45%), Manganese: 0.69mg (34.44%), Folate: 136.54µg (34.13%), Vitamin B1: 0.35mg (23.66%), Vitamin C: 13.8mg (16.73%), Selenium: 10.44µg (14.91%), Iron: 2.64mg (14.68%), Vitamin B3: 2.79mg (13.97%), Phosphorus: 121.36mg (12.14%), Fiber: 2.96g (11.84%), Vitamin B6: 0.22mg (10.91%), Calcium: 97.35mg (9.74%), Vitamin B5: 0.95mg (9.53%), Magnesium: 37.6mg (9.4%), Potassium: 304.6mg (8.7%), Copper: 0.16mg (7.98%), Vitamin E: 1.04mg (6.96%), Zinc: 0.99mg (6.59%), Vitamin B2: 0.08mg (4.8%), Vitamin B12: 0.11µg (1.75%), Vitamin K: 1.5µg (1.42%)