



Butternut Squash Risotto

 Gluten Free

READY IN



47 min.

SERVINGS



6

CALORIES



414 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups arborio rice
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 2 pounds butternut squash cubed peeled
- ☐ 7 cups chicken broth fat-free low-sodium
- ☐ 3 tablespoons olive oil extra-virgin divided
- ☐ 1 onion finely chopped
- ☐ 2 ounces pecorino romano cheese grated

- ☐ 0.5 teaspoon sea salt to taste

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ stove

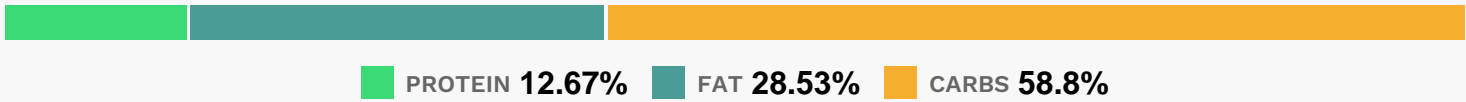
Directions

- ☐ Step
- ☐ Heat 2 tablespoons oil in a large skillet over medium heat and add the squash. Cook until tender, 57 minutes.
- ☐ Add sea salt, pepper, and sage. Set aside until ready to finish the risotto. Bring 5 cups of broth to boil in a saucepan; reduce to a simmer. Save remaining 2 cups.
- ☐ Step
- ☐ Heat 1 tablespoon each butter and olive oil in a heavy 45 quart saut pan over medium heat.
- ☐ Add onion; saut for about 2 minutes, or until translucent.
- ☐ Add rice to mixture and stir until all grains are coated.
- ☐ Step Using a ladle, start adding simmering broth 1/2 cup at a time, stirring continuously. Allow each addition to be fully absorbed before adding more. This will take about 2025 minutes. The rice will be slightly al dente. Season with salt and pepper to taste, and place away from direct heat until ready to finish.
- ☐ Step About 5 minutes before serving, bring remaining 2 cups broth to a simmer. Warm squash on the stove.
- ☐ Heat rice mixture over medium heat. Immediately start adding simmering broth, 1/2 cup at a time, stirring until soft and fairly loose. Most of the broth should have evaporated, but it shouldn't be dry (you may not need all 2 cups). The rice should be soft, not mushy. If too dry, add a bit more hot broth. Stir in squash; taste for seasoning.
- ☐ Serve in shallow bowls.
- ☐ Sprinkle Parmigiano-Reggiano on top.

☐

Garnish with more sage, if desired, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:36.33, Glycemic Load:31.8, Inflammation Score:-10, Nutrition Score:23.402608708195%

Flavonoids

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: 0.92mg, 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: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 414.02kcal (20.7%), Fat: 13.53g (20.81%), Saturated Fat: 4.39g (27.42%), Carbohydrates: 62.72g (20.91%), Net Carbohydrates: 57.94g (21.07%), Sugar: 4.53g (5.04%), Cholesterol: 14.84mg (4.95%), Sodium: 412.25mg (17.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.51g (27.03%), Vitamin A: 16171.09IU (323.42%), Manganese: 0.87mg (43.56%), Folate: 160.57µg (40.14%), Vitamin C: 33.11mg (40.13%), Vitamin B3: 7.67mg (38.37%), Vitamin B1: 0.45mg (29.73%), Phosphorus: 257.95mg (25.8%), Potassium: 844.78mg (24.14%), Vitamin E: 3.27mg (21.78%), Iron: 3.92mg (21.78%), Calcium: 191.34mg (19.13%), Fiber: 4.78g (19.11%), Vitamin B6: 0.38mg (18.82%), Copper: 0.37mg (18.33%), Magnesium: 71.7mg (17.93%), Selenium: 9.8µg (14%), Vitamin B5: 1.32mg (13.16%), Vitamin B2: 0.18mg (10.46%), Zinc: 1.33mg (8.88%), Vitamin B12: 0.39µg (6.42%), Vitamin K: 6.59µg (6.28%)