



Butternut Squash Risotto



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



567 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 ounces applewood-smoked bacon crumbled cooked
- ☐ 2 cups arborio rice uncooked
- ☐ 3 cups butternut squash divided cubed peeled ()
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 3.5 cups lower-sodium chicken broth fat-free

Equipment

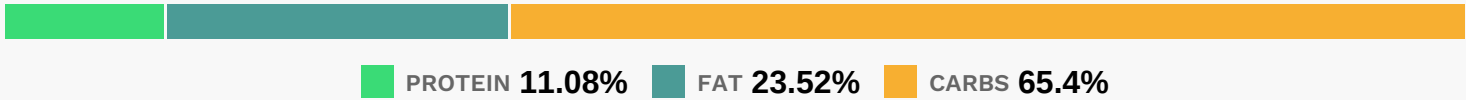
- ☐ food processor
- ☐ frying pan

- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Combine 2 cups squash and 2 1/2 cups water in a saucepan; bring to a boil. Reduce heat; simmer 5 minutes.
- ☐ Remove pan from heat; let stand 5 minutes.
- ☐ Place mixture in a food processor. Process until smooth. Return mixture to pan. Stir in broth; bring to a simmer. Reserve 1/4 cup squash mixture. Keep pan warm over low heat.
- ☐ Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- ☐ Add rice; cook 2 minutes, stirring constantly. Stir in remaining 1 cup squash, 2 1/2 cups squash mixture, and 1/8 teaspoon salt. Cook 2 minutes or until liquid is nearly absorbed, stirring constantly.
- ☐ Add remaining squash mixture, 1 cup at a time, stirring until each cup is absorbed before adding the next (about 20 minutes).
- ☐ Remove from heat; stir in reserved 1/4 cup squash mixture. Top with parsley and bacon.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:62.63, Inflammation Score:-10, Nutrition Score:26.63304350428%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 566.87kcal (28.34%), Fat: 14.71g (22.62%), Saturated Fat: 4.88g (30.48%), Carbohydrates: 92g (30.67%), Net Carbohydrates: 87.04g (31.65%), Sugar: 2.33g (2.59%), Cholesterol: 23.39mg (7.8%), Sodium: 625.91mg (27.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.59g (31.18%), Vitamin A: 11343.09IU (226.86%), Folate: 262.39µg (65.6%), Manganese: 1.26mg (62.81%), Vitamin B1: 0.77mg (51.3%), Vitamin B3: 6.82mg (34.12%),

Selenium: 22.75µg (32.5%), Vitamin K: 33.96µg (32.34%), Vitamin C: 24.71mg (29.95%), Iron: 5.23mg (29.08%), Potassium: 946.85mg (27.05%), Vitamin B6: 0.43mg (21.44%), Fiber: 4.97g (19.86%), Vitamin B5: 1.91mg (19.12%), Phosphorus: 181.84mg (18.18%), Magnesium: 63.95mg (15.99%), Copper: 0.3mg (15.17%), Zinc: 1.7mg (11.31%), Vitamin E: 1.68mg (11.2%), Vitamin B2: 0.1mg (5.86%), Calcium: 57.93mg (5.79%), Vitamin B12: 0.18µg (2.95%)