

 60%
HEALTH SCORE

Butternut Squash Risotto

 Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



557 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups arborio rice
- ☐ 0.3 teaspoon pepper black
- ☐ 4 cups butternut squash grated peeled seeded
- ☐ 1 cup cooking wine dry white
- ☐ 2 tablespoons sage fresh finely chopped
- ☐ 1 large clove garlic finely chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 cups chicken broth low-sodium

- ☐ 2 tablespoons olive oil
- ☐ 2 ounces parmesan grated
- ☐ 1 large onion yellow finely chopped

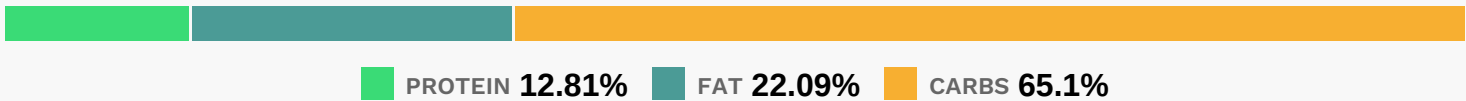
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ box grater

Directions

- ☐ Warm the broth in a small saucepan over low heat. Meanwhile, heat the oil in a large saucepan over medium heat.
- ☐ Add the onion, salt, and pepper and cook for 4 minutes.
- ☐ Add the sage and cook for 1 minute.
- ☐ Add the squash and garlic and cook until the squash begins to soften, about 3 minutes.
- ☐ Add the rice and cook, stirring constantly, for 3 minutes.
- ☐ Add the wine and cook, stirring frequently, until the liquid is absorbed, about 3 minutes.
- ☐ Add the broth, 1/2 cup at a time, stirring occasionally and waiting until it is absorbed before adding more. It should take about 30 minutes for all the broth to be absorbed.
- ☐ Remove from heat and stir in the Parmesan. Spoon into individual bowls.Tip: To grate a butternut squash, rub it against the large holes of a box grater, or roughly chop it, then pulse it in a food processor.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:48.17, Inflammation Score:-10, Nutrition Score:31.785652128251%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg

Nutrients (% of daily need)

Calories: 556.7kcal (27.83%), Fat: 12.8g (19.7%), Saturated Fat: 3.95g (24.7%), Carbohydrates: 84.92g (28.31%), Net Carbohydrates: 79.12g (28.77%), Sugar: 5.67g (6.3%), Cholesterol: 9.64mg (3.21%), Sodium: 599.86mg (26.08%), Alcohol: 6.18g (100%), Alcohol %: 1.35% (100%), Protein: 16.7g (33.41%), Copper: 9.5mg (474.91%), Vitamin A: 14994.21IU (299.88%), Manganese: 1.51mg (75.49%), Folate: 219.81µg (54.95%), Vitamin B3: 8.15mg (40.76%), Vitamin B1: 0.6mg (40%), Vitamin C: 32.41mg (39.28%), Phosphorus: 310.75mg (31.08%), Iron: 5.41mg (30.04%), Calcium: 282.57mg (28.26%), Potassium: 880.74mg (25.16%), Vitamin B6: 0.47mg (23.25%), Fiber: 5.8g (23.2%), Selenium: 15.58µg (22.25%), Magnesium: 88.71mg (22.18%), Vitamin E: 3.06mg (20.43%), Vitamin B5: 1.67mg (16.69%), Zinc: 1.86mg (12.42%), Vitamin B2: 0.21mg (12.1%), Vitamin B12: 0.41µg (6.77%), Vitamin K: 6.6µg (6.29%)