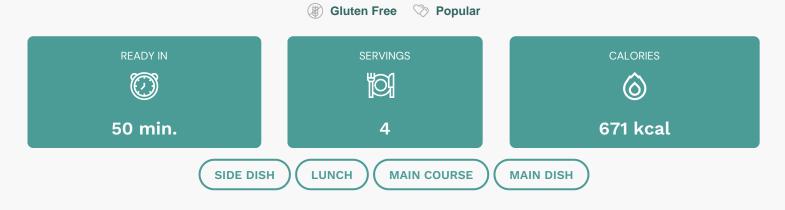


# **Butternut Squash Risotto**



### **Ingredients**

Ш	1.4 liters chicken broth gluten-free for vegetarian option, and stock for version (use vegetable broth
	70 g butter unsalted divided (56g) (14g)
	1 cup onion finely chopped
	240 g butternut squash diced peeled finely ()
	400 g arborio rice white (can substitute medium grained rice, but arborio is preferred)
	236 ml cooking wine dry white (such as Sauvignon Blanc)
	0.8 cup parmesan cheese divided freshly grated (1.5 oz, 40g)
	2 tablespoons garlic chives chopped

	4 servings salt	
Equipment		
	frying pan	
	sauce pan	
	ladle	
Diı	rections	
	Heat broth in medium sized saucepan and keep warm over low heat.	
	Cook onion and squash in butter: Melt 4 Tbsp of butter in a large saucepan; add onion and butternut squash. Cook over medium heat until onion is translucent, about 5 minutes.	
	Add rice:	
	Add arborio rice to onion and squash. Cook 1 to 2 minutes.	
	Add wine:	
	Add the wine and cook, stirring constantly until wine has been absorbed by the rice or evaporated.	
	Add a few ladles of broth, just enough to barely cover rice. Cook over medium heat until broth has been absorbed.	
	Continue cooking, stirring rice enough to keep it from sticking to the pan, adding a little bit of broth at a time, cooking and stirring until the liquid is absorbed, and the rice is tender but still firm to the bite, about 15 to 20 minutes.	
	the last minutes of cooking, add remaining tablespoon of butter, 1/2 cup Parmesan, and chives. At this point the rice should have a creamy consistency.	
	Add salt to taste. (The amount of salt you add will depend on how salty your broth was to begin with. I usually add at least a teaspoon of salt, sometimes more.)	
	Serve with remaining grated Parmesan.	
Nutrition Facts		
PROTEIN <b>8.52%</b> FAT <b>28.87%</b> CARBS <b>62.61%</b>		

## **Properties**

Glycemic Index:49.75, Glycemic Load:65.45, Inflammation Score:-10, Nutrition Score:24.084347973699%

### **Flavonoids**

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.11mg, Isorhamnetin: 2.1

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

Calories: 670.92kcal (33.55%), Fat: 20.08g (30.88%), Saturated Fat: 12.07g (75.42%), Carbohydrates: 97.96g (32.65%), Net Carbohydrates: 93.24g (33.91%), Sugar: 6.02g (6.69%), Cholesterol: 53.94mg (17.98%), Sodium: 1919.49mg (83.46%), Alcohol: 6.18g (100%), Alcohol %: 1.21% (100%), Protein: 13.33g (26.66%), Vitamin A: 7784.1IU (155.68%), Folate: 258.02µg (64.51%), Manganese: 1.23mg (61.63%), Vitamin B1: 0.65mg (43.37%), Selenium: 22.35µg (31.93%), Iron: 4.85mg (26.93%), Phosphorus: 250.35mg (25.03%), Vitamin B3: 4.91mg (24.56%), Calcium: 212.45mg (21.25%), Vitamin C: 16.43mg (19.92%), Fiber: 4.72g (18.87%), Vitamin B5: 1.66mg (16.61%), Vitamin B6: 0.33mg (16.46%), Copper: 0.28mg (14.08%), Zinc: 2.09mg (13.96%), Magnesium: 54.95mg (13.74%), Potassium: 388.78mg (11.11%), Vitamin E: 1.38mg (9.18%), Vitamin B2: 0.14mg (8.42%), Vitamin K: 5.56µg (5.29%), Vitamin B12: 0.28µg (4.71%), Vitamin D: 0.36µg (2.38%)