



Butternut Squash Risotto



Gluten Free



Popular

READY IN



50 min.

SERVINGS



4

CALORIES



671 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 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

Directions

☐ 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 8.52%**  **FAT 28.87%**  **CARBS 62.61%**

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: 2.11mg, Isorhamnetin: 2.11mg, Isorhamnetin: 2.11mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

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%)