



Butternut Squash, Rosemary, and Blue Cheese Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



822 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 13.5 ounces arborio rice
- ☐ 1.5 ounces cheese blue crumbled
- ☐ 3 tablespoons butter
- ☐ 2 pound butternut squash peeled halved seeded cut into 1/2- to 3/4-inch dice (3 cups)
- ☐ 0.5 cup wine dry white
- ☐ 2 teaspoons rosemary leaves fresh divided chopped
- ☐ 7 cups chicken broth ()

- ☐ 1.3 cups onion finely chopped
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 0.5 cup whipping cream

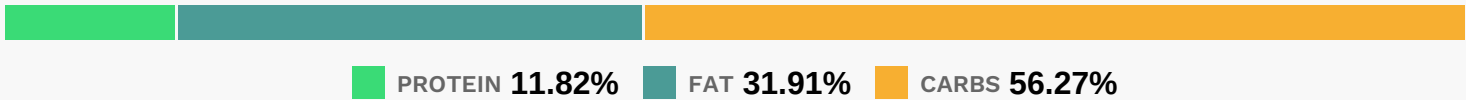
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Bring 7 cups broth to boil in large saucepan. Cover and reduce heat to low.
- ☐ Melt butter in heavy large pot over medium heat.
- ☐ Add onion and sauté until tender, about 5 minutes.
- ☐ Add squash and 1 1/2 teaspoons rosemary; sauté 4 minutes to coat with butter.
- ☐ Add rice and stir 2 minutes.
- ☐ Add wine and simmer until evaporated, about 1 minute.
- ☐ Add 7 cups hot broth; bring to boil. Reduce heat and simmer uncovered until rice is just tender and risotto is creamy and slightly soupy, adding more broth by 1/4 cupfuls as needed to maintain consistency and stirring occasionally, about 18 minutes. Stir in spinach, cream, and Parmesan cheese. Season to taste with salt and pepper.
- ☐ Transfer risotto to large bowl.
- ☐ Sprinkle with blue cheese and remaining 1/2 teaspoon rosemary and serve.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:61.12, Inflammation Score:-10, Nutrition Score:37.393043559531%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg 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: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.16mg, Quercetin: 10.16mg, Quercetin: 10.16mg, Quercetin: 10.16mg

Nutrients (% of daily need)

Calories: 821.92kcal (41.1%), Fat: 29.06g (44.71%), Saturated Fat: 17.11g (106.93%), Carbohydrates: 115.31g (38.44%), Net Carbohydrates: 107.24g (39%), Sugar: 8.87g (9.86%), Cholesterol: 75.04mg (25.01%), Sodium: 554mg (24.09%), Alcohol: 3.09g (100%), Alcohol %: 0.45% (100%), Protein: 24.23g (48.46%), Vitamin A: 24999.86IU (500%), Manganese: 1.56mg (78.11%), Folate: 298.19µg (74.55%), Vitamin B3: 12.55mg (62.74%), Vitamin C: 51.52mg (62.44%), Vitamin B1: 0.8mg (53.66%), Phosphorus: 449.74mg (44.97%), Potassium: 1401.85mg (40.05%), Iron: 6.81mg (37.85%), Vitamin B6: 0.67mg (33.39%), Calcium: 331.4mg (33.14%), Selenium: 22.78µg (32.54%), Fiber: 8.07g (32.29%), Copper: 0.61mg (30.41%), Magnesium: 120.41mg (30.1%), Vitamin E: 3.88mg (25.89%), Vitamin B5: 2.53mg (25.26%), Vitamin B2: 0.38mg (22.15%), Zinc: 2.83mg (18.88%), Vitamin B12: 0.78µg (12.95%), Vitamin K: 4.97µg (4.73%), Vitamin D: 0.59µg (3.94%)