



Chestnut & butternut risotto

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



540 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 1 large onion chopped
- ☐ 2 garlic clove chopped
- ☐ 500 g butternut squash diced
- ☐ 1 tbsp sage chopped
- ☐ 1l vegetable stock hot
- ☐ 100 g honey cooked chopped
- ☐ 1 large knob butter

- ☐ 4 tbsp parsley chopped
- ☐ 4 tbsp parmesan freshly grated
- ☐ 350 g arborio rice

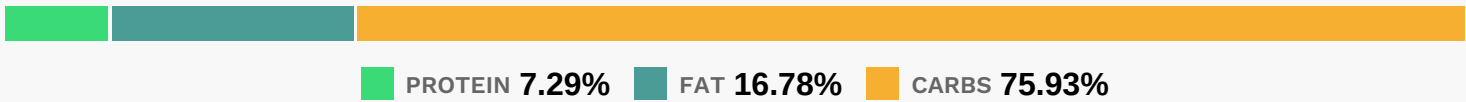
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat the oil in a large pan.
- ☐ Add the onion and garlic, and cook for 5 mins.
- ☐ Add the squash, sage and rice, and cook for a further 2 mins.
- ☐ Pour in the stock and cook, stirring regularly, for 15 mins.
- ☐ Add the chestnuts and cook for a further 5 mins or until the rice is tender and the stock has been absorbed.
- ☐ Stir in the butter, parsley and Parmesan. Divide risotto between bowls, scatter with extra Parmesan, season and serve.

Nutrition Facts



Properties

Glycemic Index:86.75, Glycemic Load:63.17, Inflammation Score:-10, Nutrition Score:32.973913184327%

Flavonoids

Apigenin: 8.19mg, Apigenin: 8.19mg, Apigenin: 8.19mg, Apigenin: 8.19mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg

Nutrients (% of daily need)

Calories: 539.88kcal (26.99%), Fat: 10.09g (15.53%), Saturated Fat: 4.27g (26.71%), Carbohydrates: 102.75g (34.25%), Net Carbohydrates: 96.9g (35.24%), Sugar: 6.54g (7.27%), Cholesterol: 14.69mg (4.9%), Sodium: 1117.55mg (48.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.86g (19.72%), Vitamin A: 14314.17IU (286.28%), Copper: 4.95mg (247.47%), Manganese: 1.47mg (73.68%), Folate: 263.83µg (65.96%), Vitamin K: 66.43µg (63.27%), Vitamin C: 44.6mg (54.06%), Vitamin B1: 0.69mg (45.7%), Iron: 5.38mg (29.89%), Vitamin B3: 5.49mg (27.47%), Vitamin B6: 0.5mg (25.09%), Fiber: 5.85g (23.41%), Selenium: 15.42µg (22.03%), Potassium: 721.6mg (20.62%), Magnesium: 81mg (20.25%), Phosphorus: 185.76mg (18.58%), Vitamin B5: 1.84mg (18.44%), Vitamin E: 2.47mg (16.49%), Calcium: 154.28mg (15.43%), Zinc: 1.56mg (10.43%), Vitamin B2: 0.11mg (6.28%), Vitamin B12: 0.07µg (1.15%)