



WHATSheATE



Chestnut Risotto with Butternut Squash



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



448 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 ounces arborio rice
- ☐ 3 tablespoons butter divided
- ☐ 0.5 small butternut squash peeled seeded cut into 1/4-inch pieces
- ☐ 2 cups honey jarred peeled chopped
- ☐ 0.3 cup cooking sherry
- ☐ 1 teaspoon marjoram fresh chopped
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 6 cups chicken broth

- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 2 tablespoons parsley fresh italian chopped
- ☐ 1 small onion white finely chopped

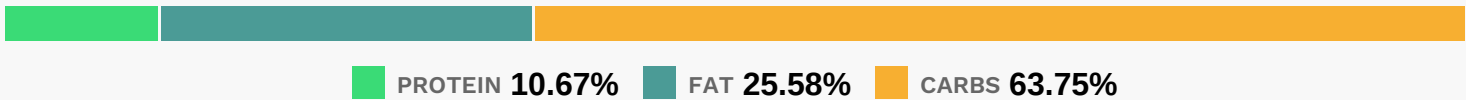
Equipment

- ☐ sauce pan

Directions

- ☐ Bring chicken broth and Sherry to boil in medium saucepan over high heat. Reduce heat to low; cover and keep warm.
- ☐ Meanwhile, heat oil and 2 tablespoons butter in heavy large saucepan over medium heat.
- ☐ Add onion and squash; cook until onion is translucent, stirring often, about 10 minutes.
- ☐ Add rice; stir until rice is translucent at edges but still opaque in center, about 3 minutes.
- ☐ Add 1 cup warm broth; simmer until almost absorbed, stirring often, about 4 minutes.
- ☐ Add more broth, 1 cup at a time, allowing each addition to be absorbed before adding next until rice is just tender, stirring frequently, about 25 minutes total. Stir in chestnuts, thyme, and marjoram.
- ☐ Remove from heat; stir in remaining 1 tablespoon butter, cheese, and parsley. Season risotto with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:56.17, Glycemic Load:41.26, Inflammation Score:-10, Nutrition Score:22.324782549039%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 2.92mg, Apigenin:

2.92mg, Apigenin: 2.92mg, Apigenin: 2.92mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 448.05kcal (22.4%), Fat: 12.69g (19.53%), Saturated Fat: 5.83g (36.46%), Carbohydrates: 71.14g (23.71%), Net Carbohydrates: 68.28g (24.83%), Sugar: 2.29g (2.55%), Cholesterol: 22.3mg (7.43%), Sodium: 267.37mg (11.62%), Alcohol: 1.03g (100%), Alcohol %: 0.3% (100%), Protein: 11.91g (23.83%), Vitamin A: 7032.95IU (140.66%), Vitamin C: 35.48mg (43.01%), Manganese: 0.82mg (40.91%), Folate: 158.9µg (39.72%), Vitamin B3: 6.51mg (32.55%), Vitamin B1: 0.41mg (27.19%), Copper: 0.48mg (23.8%), Vitamin K: 24.95µg (23.76%), Phosphorus: 215.26mg (21.53%), Potassium: 740.26mg (21.15%), Iron: 3.63mg (20.14%), Vitamin B6: 0.4mg (19.84%), Selenium: 10.5µg (15%), Magnesium: 55.21mg (13.8%), Calcium: 132.08mg (13.21%), Vitamin B5: 1.15mg (11.45%), Fiber: 2.86g (11.45%), Zinc: 1.5mg (10.02%), Vitamin E: 1.45mg (9.69%), Vitamin B2: 0.15mg (8.96%), Vitamin B12: 0.36µg (6.01%)