



 **53%**
HEALTH SCORE

Creamy Baked Pumpkin Risotto

 **Gluten Free**

READY IN



37 min.

SERVINGS



6

CALORIES



378 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups arborio rice
- 2 cups butternut squash
- 1.5 cups pumpkin puree canned (not pumpkin pie filling)
- 0.5 cup basil fresh finely chopped
- 2 tablespoons mascarpone cheese
- 2 tablespoons olive oil
- 0.3 cup parmesan cheese finely grated
- 5 cups vegetable broth low-sodium

0.5 medium onion yellow minced

Equipment

oven

baking pan

aluminum foil

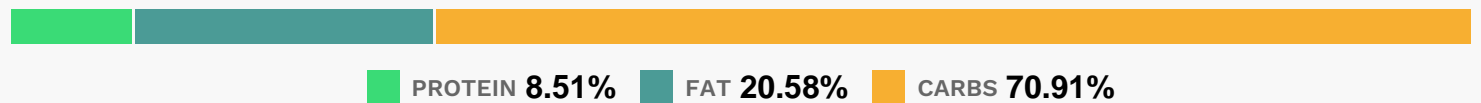
Directions

Heat oven to 400 degrees F and arrange a rack in the middle.

Combine broth, rice, squash, puree, and onion in a 3-quart baking dish, season with salt and freshly ground black pepper, and stir to evenly combine. Cover tightly with aluminum foil and bake, stirring occasionally, until most the water has been absorbed and rice granules are puffed, about 35 to 30 minutes.

Remove from oven, stir in remaining ingredients, season to taste and serve.

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:41.94, Inflammation Score:-10, Nutrition Score:19.426521802078%

Flavonoids

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: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 378.41kcal (18.92%), Fat: 8.67g (13.34%), Saturated Fat: 2.89g (18.04%), Carbohydrates: 67.2g (22.4%), Net Carbohydrates: 61.6g (22.4%), Sugar: 4.29g (4.76%), Cholesterol: 8.63mg (2.88%), Sodium: 81.8mg (3.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.06g (16.12%), Vitamin A: 14704.73IU (294.09%), Manganese: 0.92mg (45.76%), Folate: 177.3µg (44.33%), Vitamin B1: 0.44mg (29.6%), Iron: 4.13mg (22.92%), Fiber: 5.6g (22.42%), Vitamin K: 21.53µg (20.5%), Vitamin B3: 3.56mg (17.79%), Selenium: 12.06µg (17.22%), Vitamin C: 13.41mg (16.26%), Vitamin E: 2.03mg (13.55%), Vitamin B5: 1.32mg (13.19%), Phosphorus: 130.37mg (13.04%), Copper: 0.25mg (12.6%), Magnesium: 48.94mg (12.24%), Vitamin B6: 0.24mg (11.88%), Potassium: 368.11mg (10.52%), Calcium: 89.85mg

(8.99%), Zinc: 1.12mg (7.46%), Vitamin B2: 0.09mg (5.46%)