




Creamy Butternut Squash Risotto


 **Gluten Free**

READY IN




28 min.

SERVINGS



4

CALORIES



539 kcal

SIDE DISH

Ingredients

- 1.3 cups arborio rice medium-grain uncooked
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- 0.3 teaspoon pepper black freshly ground
- 12 ounce butternut squash pureed frozen (such as McKenzie's)
- 2.5 cups fat-skimmed beef broth fat-free
- 2 teaspoons olive oil
- 6 tablespoons parmesan fresh grated
- 0.3 teaspoon salt

1 cup water

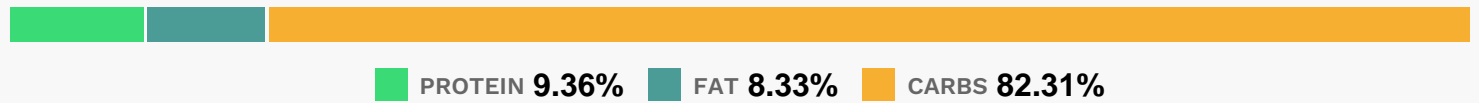
Equipment

microwave

Directions

- Combine rice and oil in a 1 1/2-quart microwave-safe dish, stirring to coat. Microwave, uncovered, at HIGH 3 minutes.
- Add broth and 1 cup water to rice mixture; microwave, uncovered, at HIGH 9 minutes. Stir well; microwave, uncovered, at HIGH 6 minutes.
- Remove from microwave; let stand 5 minutes or until all liquid is absorbed.
- While risotto stands, heat squash in microwave at HIGH 2 minutes or until warm.
- Add squash, salt, pepper, and cheese to risotto. Stir well to combine.
- Garnish with additional cheese and thyme sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:55.75, Glycemic Load:78.34, Inflammation Score:0, Nutrition Score:26.70478236157%

Nutrients (% of daily need)

Calories: 538.84kcal (26.94%), Fat: 4.92g (7.57%), Saturated Fat: 1.7g (10.63%), Carbohydrates: 109.4g (36.47%), Net Carbohydrates: 104.17g (37.88%), Sugar: 2.14g (2.38%), Cholesterol: 5.1mg (1.7%), Sodium: 853.44mg (37.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.44g (24.87%), Vitamin A: 9099.92IU (182%), Folate: 313.68µg (78.42%), Manganese: 1.5mg (75.07%), Vitamin B1: 0.8mg (53.62%), Vitamin B3: 6.98mg (34.88%), Selenium: 24.12µg (34.45%), Iron: 6.17mg (34.26%), Vitamin C: 17.86mg (21.65%), Vitamin B5: 2.15mg (21.55%), Phosphorus: 214.67mg (21.47%), Fiber: 5.23g (20.93%), Vitamin B6: 0.37mg (18.59%), Copper: 0.36mg (18.22%), Magnesium: 63.19mg (15.8%), Calcium: 141.49mg (14.15%), Potassium: 445.54mg (12.73%), Zinc: 1.75mg (11.63%), Vitamin E: 1.53mg (10.2%), Vitamin B2: 0.13mg (7.76%), Vitamin B12: 0.37µg (6.23%), Vitamin K: 2.47µg (2.35%)