



Creamy Butternut Squash Risotto

 Gluten Free

READY IN



28 min.

SERVINGS



4

CALORIES



356 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

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

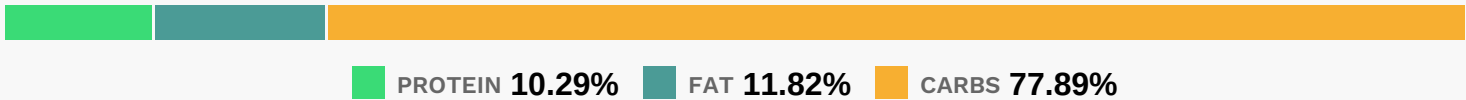
Equipment

☐ 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:35.25, Glycemic Load:46.37, Inflammation Score:-10, Nutrition Score:20.400869618291%

Nutrients (% of daily need)

Calories: 356.02kcal (17.8%), Fat: 4.65g (7.16%), Saturated Fat: 1.63g (10.19%), Carbohydrates: 68.98g (22.99%), Net Carbohydrates: 65.18g (23.7%), Sugar: 2.14g (2.38%), Cholesterol: 5.1mg (1.7%), Sodium: 852.92mg (37.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.12g (18.23%), Vitamin A: 9099.92IU (182%), Folate: 195.72µg (48.93%), Manganese: 0.97mg (48.6%), Vitamin B1: 0.52mg (34.38%), Vitamin B3: 4.87mg (24.37%), Selenium: 16.4µg (23.43%), Iron: 4.01mg (22.26%), Vitamin C: 17.86mg (21.65%), Phosphorus: 166.16mg (16.62%), Fiber: 3.8g (15.21%), Vitamin B5: 1.5mg (14.98%), Vitamin B6: 0.28mg (14.22%), Calcium: 139.95mg (14%), Magnesium: 51.45mg (12.86%), Copper: 0.26mg (12.85%), Potassium: 406.73mg (11.62%), Vitamin E: 1.53mg (10.2%), Zinc: 1.18mg (7.89%), Vitamin B2: 0.11mg (6.32%), Vitamin B12: 0.37µg (6.23%), Vitamin K: 2.47µg (2.35%)