



WHATSheATE



HEALTH SCORE

61%

Easy Butternut Squash Risotto



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



350 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup microwaveable brown rice (such as Uncle Ben's)
- ☐ 1.8 pounds butternut squash
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup parmesan cheese fresh grated for garnish
- ☐ 0.3 teaspoon salt
- ☐ 1 large shallots minced

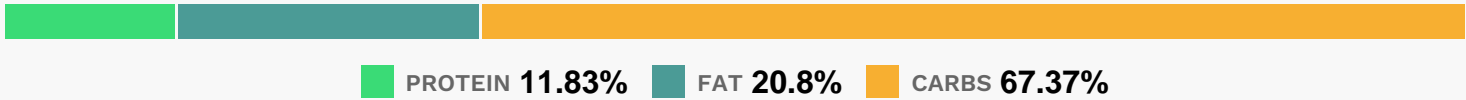
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Cut squash in half lengthwise. Scoop out seeds and stringy flesh.
- ☐ Place the squash halves, cut sides down, on plastic wrap in microwave. Cook on HIGH 10 minutes or until cooked through. Scoop flesh into medium bowl, stir until smooth, and set aside.
- ☐ Microwave rice according to package directions, omitting butter.
- ☐ Heat oil in a medium saucepan over medium heat.
- ☐ Add shallot and optional ginger; cook 2 minutes, stirring.
- ☐ Add rice.
- ☐ Alternately stir in squash and broth, 1/2 cup at a time; wait until each is absorbed before adding more.
- ☐ Remove from heat; stir in 1/2 cup Parmesan, salt, and pepper.
- ☐ Serve in bowls; garnish with cheese, if desired.

Nutrition Facts



Properties

Glycemic Index:36.94, Glycemic Load:20.69, Inflammation Score:-10, Nutrition Score:25.976086861413%

Nutrients (% of daily need)

Calories: 349.97kcal (17.5%), Fat: 8.38g (12.89%), Saturated Fat: 2.83g (17.71%), Carbohydrates: 61.05g (20.35%), Net Carbohydrates: 55.24g (20.09%), Sugar: 5.11g (5.67%), Cholesterol: 8.5mg (2.83%), Sodium: 762.1mg (33.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.72g (21.44%), Vitamin A: 21193.44IU (423.87%), Manganese:

2.23mg (111.34%), Vitamin C: 42.17mg (51.12%), Magnesium: 143.42mg (35.85%), Vitamin B6: 0.59mg (29.73%), Phosphorus: 292.5mg (29.25%), Vitamin B1: 0.41mg (27.36%), Calcium: 265.89mg (26.59%), Potassium: 889.7mg (25.42%), Vitamin B3: 5.03mg (25.15%), Fiber: 5.82g (23.26%), Vitamin E: 3.39mg (22.62%), Vitamin B5: 1.7mg (16.99%), Folate: 67.09µg (16.77%), Copper: 0.3mg (15.23%), Iron: 2.59mg (14.41%), Zinc: 1.65mg (10.98%), Selenium: 6.07µg (8.67%), Vitamin B2: 0.12mg (7.29%), Vitamin B12: 0.35µg (5.81%), Vitamin K: 4.76µg (4.53%)