



HEALTH SCORE

79%

Microwave butternut squash risotto



Gluten Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



321 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 250 g arborio rice
- ☐ 700 ml vegetable stock hot
- ☐ 1 medium butternut squash
- ☐ 1 handful parmesan grated (or vegetarian alternative)
- ☐ 1 handful sage roughly chopped

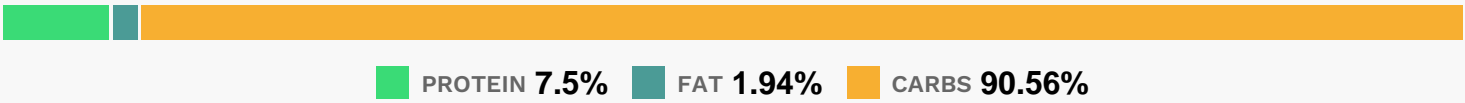
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐
- Tip the rice into a large bowl, then add 500ml of the hot vegetable stock. Cover with cling film and microwave on High for 5 mins. Meanwhile, peel and cut the squash into medium chunks (see tip, below). Stir the rice, then add the squash and the rest of the stock. Re-cover with cling film, then microwave for another 15 mins, stirring halfway, until almost all the stock is absorbed and the rice and squash are tender.
- ☐
- Leave the risotto to sit for 2 mins, then stir in the parmesan and sage.
- ☐
- Serve topped with more grated cheese.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:40.13, Inflammation Score:-10, Nutrition Score:26.670434819534%

Nutrients (% of daily need)

Calories: 321.48kcal (16.07%), Fat: 0.71g (1.08%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 74.05g (24.68%), Net Carbohydrates: 68.37g (24.86%), Sugar: 5.6g (6.23%), Cholesterol: 0.17mg (0.06%), Sodium: 707.56mg (30.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.27%), Vitamin A: 20303.45IU (406.07%), Copper: 7.95mg (397.69%), Manganese: 1.28mg (63.97%), Folate: 195.02µg (48.75%), Vitamin C: 39.38mg (47.73%), Vitamin B1: 0.55mg (36.55%), Vitamin B3: 4.82mg (24.11%), Iron: 4.24mg (23.57%), Fiber: 5.68g (22.73%), Magnesium: 82.55mg (20.64%), Potassium: 718.54mg (20.53%), Vitamin B6: 0.4mg (19.79%), Vitamin E: 2.7mg (18%), Vitamin B5: 1.56mg (15.56%), Selenium: 10.43µg (14.9%), Phosphorus: 123.92mg (12.39%), Calcium: 111.46mg (11.15%), Zinc: 1.02mg (6.82%), Vitamin B2: 0.07mg (4.2%), Vitamin K: 2.07µg (1.97%)