



Parmesan-Squash Risotto

 Gluten Free

READY IN



33 min.

SERVINGS



4

CALORIES



400 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup arborio rice uncooked short-grain
- ☐ 2 tablespoons butter
- ☐ 0.3 cup cooking wine dry white
- ☐ 3 tablespoons basil fresh thinly sliced
- ☐ 1 garlic clove minced
- ☐ 0.3 cup chicken broth low-sodium
- ☐ 2.8 cups chicken broth low-sodium
- ☐ 1 tablespoon olive oil

- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 4 servings salt and pepper to taste
- ☐ 12 oz baby squash frozen thawed cooked drained
- ☐ 0.5 cup onion sweet finely chopped

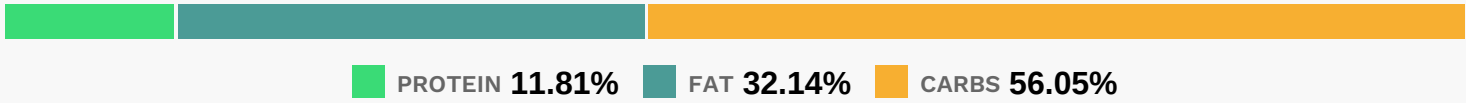
Equipment

- ☐ bowl
- ☐ oven
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Stir together first 4 ingredients in a medium-size microwave-safe bowl. Microwave at HIGH 3 minutes. Stir in rice, and microwave at HIGH 2 minutes.
- ☐ Stir in 2 3/4 cups broth and 1/4 cup wine. Cover tightly with plastic wrap. (Do not vent). Microwave at HIGH 9 minutes. Carefully swirl bowl without uncovering (to incorporate the mixture), and microwave at HIGH 8 minutes. Carefully remove and discard plastic wrap. Stir in cheese and 1/4 cup chicken broth, stirring 30 seconds to 1 minute or until creamy.
- ☐ Add 1/4 cup additional broth, 1 Tbsp. at a time, if necessary, for desired consistency. Season with salt and pepper to taste.
- ☐ Stir squash and basil into prepared risotto. Microwave at HIGH 1 minute.
- ☐ Serve immediately.
- ☐ Note: For testing purposes only, we used Rice Select Risotto Italian-Style Rice, an 1,100-watt microwave oven, and a 2 1/2-liter glass bowl. We found that self-sealing plastic wraps, such as GLAD Press'n Seal, do not work in this application.

Nutrition Facts



Properties

Glycemic Index:61.75, Glycemic Load:31.44, Inflammation Score:-10, Nutrition Score:19.809999876696%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 399.51kcal (19.98%), Fat: 14.11g (21.71%), Saturated Fat: 6.42g (40.15%), Carbohydrates: 55.38g (18.46%), Net Carbohydrates: 52.06g (18.93%), Sugar: 3.27g (3.64%), Cholesterol: 25.92mg (8.64%), Sodium: 517.16mg (22.49%), Alcohol: 1.54g (100%), Alcohol %: 0.53% (100%), Protein: 11.67g (23.33%), Vitamin A: 9403.11IU (188.06%), Manganese: 0.76mg (38.2%), Folate: 145.22µg (36.3%), Vitamin B3: 5.58mg (27.88%), Vitamin B1: 0.38mg (25.48%), Vitamin C: 19.32mg (23.42%), Phosphorus: 219.68mg (21.97%), Iron: 3.31mg (18.41%), Selenium: 12.65µg (18.07%), Calcium: 171.1mg (17.11%), Potassium: 556.23mg (15.89%), Vitamin B6: 0.29mg (14.48%), Copper: 0.28mg (14.07%), Fiber: 3.32g (13.28%), Vitamin E: 1.97mg (13.14%), Magnesium: 51.15mg (12.79%), Vitamin B5: 1.07mg (10.66%), Zinc: 1.47mg (9.78%), Vitamin K: 10.1µg (9.62%), Vitamin B2: 0.15mg (8.7%), Vitamin B12: 0.36µg (5.96%)