



Pumpkin Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



436 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups arborio rice
- 0.3 teaspoon pepper black
- 1 cup pumpkin canned
- 5 cups chicken broth
- 1 tablespoon sage fresh minced
- 2 teaspoons kosher salt
- 2 tablespoons maple syrup
- 0.1 teaspoon nutmeg

- 0.7 cup onion finely chopped
- 0.8 cup parmesan grated
- 10 ounces pumpkin fresh cored peeled cut into 1/2-inch dice (2 cups)
- 5 tablespoons butter unsalted

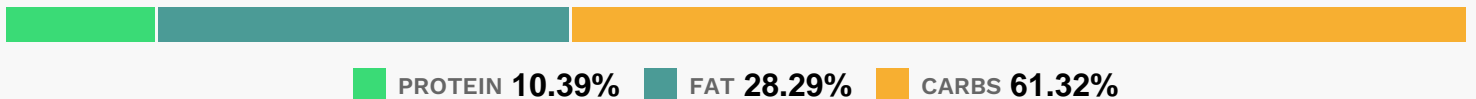
Equipment

- sauce pan

Directions

- Heat chicken broth in a saucepan and keep warm.
- In a large saucepan, heat 3 Tbsp. butter over medium heat.
- Add onion and cook until translucent, 3 to 4 minutes.
- Add rice, fresh pumpkin and nutmeg. Stir for about a minute, making sure all rice is coated in butter.
- Add 1 cup chicken broth, stirring well; reduce heat to low. Once broth is incorporated, add 1/2 cup more broth, stirring constantly. Continue to add broth in 1/2 cup increments as rice absorbs liquid, until rice is cooked. Rice will take about 25 minutes to cook and should be creamy but al dente when done.
- In last few minutes of cooking, stir in canned pumpkin and maple syrup.
- Remove risotto from heat and stir in remaining 2 Tbsp. butter, Parmesan, sage, salt and pepper.
- Let rest a few minutes before serving.

Nutrition Facts



Properties

Glycemic Index:57.75, Glycemic Load:45.91, Inflammation Score:-10, Nutrition Score:24.2295651695%

Flavonoids

Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg

Nutrients (% of daily need)

Calories: 436.23kcal (21.81%), Fat: 13.7g (21.07%), Saturated Fat: 8.29g (51.84%), Carbohydrates: 66.81g (22.27%), Net Carbohydrates: 63.12g (22.95%), Sugar: 8.36g (9.29%), Cholesterol: 37.5mg (12.5%), Sodium: 1707.8mg (74.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.32g (22.65%), Vitamin A: 10771.16IU (215.42%), Copper: 3.32mg (165.97%), Manganese: 1.19mg (59.7%), Folate: 171.11µg (42.78%), Vitamin B1: 0.47mg (31.5%), Iron: 4.18mg (23.22%), Vitamin B2: 0.36mg (21.05%), Selenium: 14.18µg (20.26%), Phosphorus: 201.54mg (20.15%), Calcium: 200.01mg (20%), Vitamin B3: 3.67mg (18.35%), Fiber: 3.69g (14.76%), Vitamin B5: 1.27mg (12.72%), Potassium: 391.61mg (11.19%), Magnesium: 43.2mg (10.8%), Zinc: 1.54mg (10.3%), Vitamin B6: 0.2mg (9.95%), Vitamin C: 7.28mg (8.83%), Vitamin E: 1.31mg (8.76%), Vitamin K: 8.29µg (7.9%), Vitamin B12: 0.21µg (3.48%), Vitamin D: 0.24µg (1.58%)