

Pumpkin Risotto

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



220 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup arborio rice uncooked
- 1 tablespoon butter
- 4 teaspoons maggi® chicken bouillon instant
- 0.5 cup cooking wine dry white
- 1 tablespoon olive oil extra virgin
- 1 teaspoon sage leaves fresh chopped
- 2 cloves garlic finely chopped
- 6 servings ground pepper black to taste

- 1 medium onion finely chopped
- 0.5 cup buitoni® freshly parmesan cheese shredded refrigerated
- 1 cup libby's® pumpkin 100% pure
- 4 cups water hot

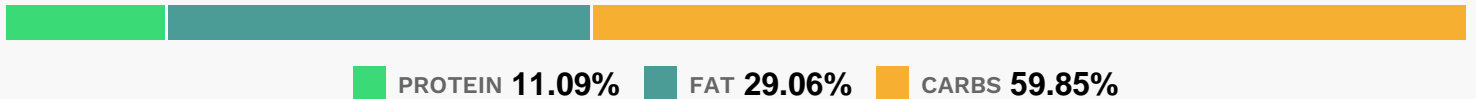
Equipment

- frying pan
- measuring cup

Directions

- Combine water, wine and bouillon in large measuring cup; set aside.
- Heat oil in large, nonstick skillet over medium-high heat.
- Add onion and garlic; cook, stirring occasionally, for 4 minutes or until onion is tender. Stir in rice; cook, stirring frequently, for 2 minutes. Stir in pumpkin and thyme.
- Stir in 1 cup broth mixture. Reduce heat to medium; continue adding broth mixture, 1 cup at a time, allowing each addition to be absorbed before adding more broth. Rice should be tender but firm to the bite and mixture should be creamy. This should take 20 to 25 minutes. Stir in cheese and butter until melted. Season with pepper.

Nutrition Facts



Properties

Glycemic Index:63.33, Glycemic Load:22.35, Inflammation Score:-9, Nutrition Score:8.7491305302019%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Myricetin: 0.02mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 220.33kcal (11.02%), Fat: 6.61g (10.17%), Saturated Fat: 2.96g (18.49%), Carbohydrates: 30.63g (10.21%),
Net Carbohydrates: 29.19g (10.62%), Sugar: 1.59g (1.77%), Cholesterol: 10.68mg (3.56%), Sodium: 172.09mg (7.48%),
Alcohol: 2.06g (100%), Alcohol %: 0.98% (100%), Protein: 5.68g (11.35%), Vitamin A: 1786.08IU (35.72%),
Manganese: 0.45mg (22.69%), Folate: 84.66µg (21.16%), Vitamin B1: 0.21mg (14.21%), Calcium: 118.86mg (11.89%),
Phosphorus: 109.62mg (10.96%), Selenium: 7.26µg (10.38%), Iron: 1.82mg (10.14%), Vitamin B3: 1.57mg (7.85%),
Copper: 0.14mg (6.85%), Vitamin B6: 0.12mg (6.12%), Fiber: 1.43g (5.74%), Vitamin B5: 0.57mg (5.68%), Magnesium:
20.13mg (5.03%), Zinc: 0.75mg (5%), Vitamin C: 3.94mg (4.78%), Vitamin B2: 0.08mg (4.52%), Potassium:
147.85mg (4.22%), Vitamin E: 0.62mg (4.13%), Vitamin K: 2.26µg (2.15%), Vitamin B12: 0.1µg (1.73%)