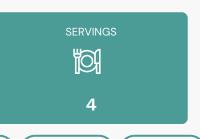


# **Pumpkin risotto**

**Gluten Free** 







SIDE DISH

ANTIPASTI

STARTER

SNACK

## **Ingredients**

	14 oz butternut squash- after peeling and scraping out the seeds
	1 tbsp olive oil for the pumpkin plus a drizzle
	2 garlic cloves

- 8 spring onion
- 25 g butter
- 200 g arborio rice
- 2 tsp ground cumin
- 11 vegetable stock hot

	50 g parmesan grated (or vegetarian alternative)	
	1 small handful coriander roughly chopped	
Equipment		
	frying pan	
	oven	
	baking pan	
	rolling pin	
	kitchen scissors	
Di	rections	
	Heat oven to 180C/160C fan/ gas	
	Chop up the pumpkin or squash into 1.5cm cubes (kids- ask for help if its slippery). Put it on a baking tray, drizzle over some oil, then roast for 30 mins.	
	While the pumpkin is roasting, you can make the risotto.	
	Put the garlic in a sandwich bag, then bash lightly with a rolling pin until its crushed.	
	Cut up the spring onions with your scissors.	
	Heat 1 tbsp oil with the butter in your pan over a medium heat not too hot.	
	Add the spring onions and garlic. Once the onions are soft but not getting brown, add the rice and cumin. Stir well to coat in the buttery mix for about 1 min.	
	Now add half a cup of the stock, and stir every now and then until it has all disappeared into the rice. Carry on adding and stirring in a large splash of stock at a time, until you have used up all the stock this will take about 20 mins.	
	Check the rice is cooked. If it isnt, add a splash more stock, and carry on cooking for a bit.  Once the rice is soft enough to eat, gently stir in the grated cheese, chopped coriander and roasted pumpkin.	
	Nutrition Facts	
	PROTEIN 10% FAT 29.46% CARBS 60.54%	

### **Properties**

Glycemic Index:75.75, Glycemic Load:33.37, Inflammation Score:-10, Nutrition Score:22.035217353831%

### **Flavonoids**

Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

#### **Nutrients** (% of daily need)

Calories: 374.71kcal (18.74%), Fat: 12.44g (19.13%), Saturated Fat: 5.86g (36.64%), Carbohydrates: 57.5g (19.17%), Net Carbohydrates: 53.32g (19.39%), Sugar: 5g (5.56%), Cholesterol: 21.94mg (7.31%), Sodium: 1244.5mg (54.11%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 9.5g (19%), Vitamin A: 11649.77IU (233%), Vitamin K: 56.71µg (54.01%), Manganese: 0.82mg (41.13%), Folate: 159.48µg (39.87%), Vitamin C: 26.16mg (31.71%), Vitamin B1: 0.41mg (27.34%), Calcium: 228.64mg (22.86%), Iron: 3.99mg (22.19%), Phosphorus: 185.14mg (18.51%), Vitamin B3: 3.48mg (17.39%), Fiber: 4.17g (16.69%), Selenium: 11.34µg (16.2%), Vitamin E: 2.3mg (15.31%), Magnesium: 59.96mg (14.99%), Vitamin B6: 0.29mg (14.45%), Potassium: 495.65mg (14.16%), Vitamin B5: 1.14mg (11.37%), Copper: 0.22mg (10.79%), Zinc: 1.21mg (8.08%), Vitamin B2: 0.11mg (6.66%), Vitamin B12: 0.16µg (2.68%)