



Pumpkin-Shiitake Risotto with Pancetta and Pine Nuts

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



483 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup arborio rice uncooked
- ☐ 1 cup pumpkin puree canned
- ☐ 3 cups chicken stock see (such as Swanson)
- ☐ 0.5 cup wine dry white
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 teaspoons sage fresh chopped
- ☐ 1 tablespoon garlic minced

- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons mascarpone cheese
- ☐ 1.5 cups onion chopped
- ☐ 2 ounces pancetta chopped
- ☐ 2 tablespoons pinenuts toasted
- ☐ 2 cups mushroom caps sliced
- ☐ 0.5 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring chicken stock and 1/2 cup water to a simmer in a medium saucepan. Keep warm over low heat. Set aside 1/4 cup of warm stock mixture.
- ☐ Heat a large saucepan over medium heat. Coat pan with cooking spray.
- ☐ Add pancetta; cook 5 minutes or until crisp, stirring frequently.
- ☐ Add mushrooms, onion, and garlic; cook 6 minutes or until tender. Stir in rice and sage; cook 1 minute, stirring frequently.
- ☐ Add wine; cook 30 seconds or until liquid is absorbed. Stir in 1 1/4 cups stock mixture and salt; cook 4 minutes or until liquid is nearly absorbed, stirring constantly.
- ☐ Add remaining stock mixture, 3/4 cup at a time, stirring constantly until each portion of stock is absorbed before adding more (about 22 minutes total).
- ☐ Remove from heat; stir in pumpkin, mascarpone, chives, and pepper. Stir in reserved stock mixture as needed until risotto is desired consistency. Spoon 1 cup risotto into each of 4 bowls; sprinkle evenly with pine nuts.

Nutrition Facts



 PROTEIN **12.72%**  FAT **30.19%**  CARBS **57.09%**

Properties

Glycemic Index:65.75, Glycemic Load:34.42, Inflammation Score:-10, Nutrition Score:31.488260761551%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.11mg, Isorhamnetin: 3.11mg, Isorhamnetin: 3.11mg, Isorhamnetin: 3.11mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 12.3mg, Quercetin: 12.3mg, Quercetin: 12.3mg, Quercetin: 12.3mg

Nutrients (% of daily need)

Calories: 483.44kcal (24.17%), Fat: 15.72g (24.18%), Saturated Fat: 5.03g (31.43%), Carbohydrates: 66.9g (22.3%), Net Carbohydrates: 59.5g (21.64%), Sugar: 10.63g (11.81%), Cholesterol: 22.26mg (7.42%), Sodium: 665.73mg (28.94%), Alcohol: 3.09g (100%), Alcohol %: 0.7% (100%), Protein: 14.9g (29.81%), Vitamin A: 9768.12IU (195.36%), Copper: 3.57mg (178.49%), Manganese: 1.57mg (78.28%), Vitamin B3: 10.43mg (52.16%), Folate: 161.71µg (40.43%), Vitamin B6: 0.72mg (36%), Phosphorus: 320.73mg (32.07%), Vitamin B1: 0.47mg (31.47%), Selenium: 21.72µg (31.03%), Vitamin B2: 0.51mg (29.71%), Fiber: 7.39g (29.57%), Vitamin B5: 2.78mg (27.82%), Potassium: 882.81mg (25.22%), Iron: 4.53mg (25.17%), Magnesium: 81.96mg (20.49%), Zinc: 2.75mg (18.37%), Vitamin K: 16.54µg (15.76%), Vitamin C: 9mg (10.91%), Vitamin E: 1.28mg (8.56%), Calcium: 66.4mg (6.64%), Vitamin D: 0.51µg (3.39%), Vitamin B12: 0.07µg (1.18%)