



WHATSheATE



HEALTH SCORE

100%

Risotto in Decapitated Pumpkins



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



532 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 4.5 cups fat-skimmed beef broth
- ☐ 8 servings salt and pepper
- ☐ 1 cup onion chopped
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1.5 cups rice medium-grain white
- ☐ 8 pumpkin with stems miniature

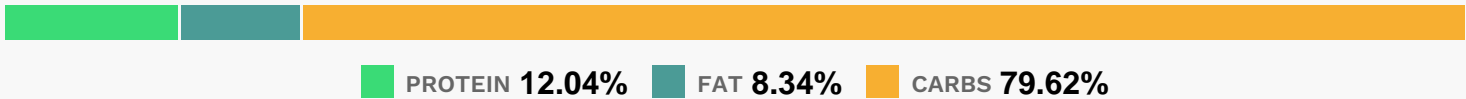
Equipment

- ☐ frying pan
- ☐ knife
- ☐ wok

Directions

- ☐ Rinse pumpkins. Pierce tops deeply with a knife or sharp fork several times. Set pumpkins upright on a rack (they can be stacked) at least 1 inch above 1 1/2 inches water in a 14- to 15-inch wok or 6- to 8-quart pan. Cover wok and bring water to a boil over high heat. Keeping water at a boil, steam pumpkins until tender when pierced, 20 to 35 minutes, adding more boiling water to pan as needed.
- ☐ Remove pumpkins from pan.
- ☐ When pumpkins are cool enough to handle, in about 5 minutes, with a small, sharp knife, cut off tops to make lids that will sit in place. Set lids aside. With a small spoon, scoop out and discard seeds without breaking pumpkin skins. To keep warm up to 40 minutes, set lids in place, return pumpkins to rack over water in pan, cover, and adjust heat so water barely steams.
- ☐ Meanwhile, in a 3- to 4-quart pan over medium-high heat, frequently stir butter and onion until onion is limp, 4 to 5 minutes.
- ☐ Add rice and stir often until it begins to turn opaque, about 3 minutes.
- ☐ Add 4 1/2 cups broth. Bring to a boil over high heat, stirring often. Reduce heat and simmer rice, stirring often, until tender to bite, 15 to 20 minutes.
- ☐ Add a little more broth if a creamier texture is desired. Stir in cheese.
- ☐ Add salt and pepper to taste.
- ☐ At once, spoon risotto into hot pumpkin shells. Top with lids.

Nutrition Facts



Properties

Glycemic Index:20.02, Glycemic Load:75.86, Inflammation Score:-10, Nutrition Score:53.718695727703%

Flavonoids

Luteolin: 22.17mg, Luteolin: 22.17mg, Luteolin: 22.17mg, Luteolin: 22.17mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 531.64kcal (26.58%), Fat: 5.52g (8.49%), Saturated Fat: 1.85g (11.54%), Carbohydrates: 118.6g (39.53%), Net Carbohydrates: 111.01g (40.37%), Sugar: 38.62g (42.91%), Cholesterol: 2.72mg (0.91%), Sodium: 819.86mg (35.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.94g (35.88%), Vitamin A: 115929.42IU (2318.59%), Vitamin C: 123.89mg (150.17%), Potassium: 4738.66mg (135.39%), Manganese: 2.12mg (106.02%), Vitamin E: 14.58mg (97.22%), Copper: 1.84mg (91.85%), Vitamin B2: 1.56mg (91.61%), Phosphorus: 678.75mg (67.88%), Iron: 11.39mg (63.3%), Folate: 225.67µg (56.42%), Vitamin B1: 0.72mg (48.24%), Vitamin B3: 9.45mg (47.27%), Vitamin B6: 0.93mg (46.56%), Vitamin B5: 4.6mg (45.95%), Magnesium: 176.35mg (44.09%), Calcium: 333.82mg (33.38%), Zinc: 4.93mg (32.84%), Fiber: 7.59g (30.36%), Selenium: 13.32µg (19.03%), Vitamin K: 15.13µg (14.41%), Vitamin B12: 0.3µg (5.02%)