



 **39%**  
HEALTH SCORE

## Risotto with Butternut Squash, Leeks, and Basil

 **Gluten Free**

READY IN



**60 min.**

SERVINGS



**6**

CALORIES



**677 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 cups arborio rice
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- 4 cups butternut squash peeled (from)
- 1 cup basil fresh chopped
- 1 cup basil fresh chopped
- 1 tablespoon thyme sprigs fresh chopped
- 3 cups leek white green ( and pale parts only)

- 3 tablespoons olive oil divided
- 0.8 cup parmesan cheese freshly grated (for serving)
- 56 ounce vegetable stock canned ( )

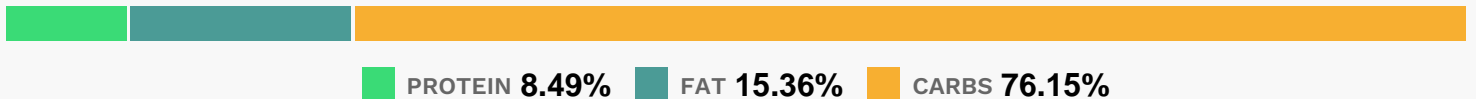
## Equipment

- bowl
- pot

## Directions

- Heat 2 tablespoons oil in heavy large pot over medium-high heat.
- Add squash and sauté until beginning to soften and brown around edges, about 5 minutes.
- Transfer squash to medium bowl.
- Reduce heat to medium; add remaining 1 tablespoon oil, leeks, and thyme to same pot and stir until tender but not brown, about 5 minutes.
- Add rice and stir 1 minute.
- Add 1 cup broth and simmer until absorbed, stirring frequently, 3 to 4 minutes.
- Add remaining broth by 1/2 cupfuls, allowing each addition to be absorbed before adding next, stirring often, about 15 minutes. Return squash to pot. Continue to cook until rice is just tender but still very creamy, stirring gently and often, about 10 minutes longer (about 25 minutes total cooking time).
- Remove from heat. Stir in basil and 3/4 cup freshly grated Parmesan cheese. Season to taste with salt and pepper.
- Transfer to large bowl and serve with additional Parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:71, Glycemic Load:86.88, Inflammation Score:-10, Nutrition Score:33.817825956189%

## Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

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

Calories: 677.23kcal (33.86%), Fat: 11.49g (17.68%), Saturated Fat: 3.14g (19.6%), Carbohydrates: 128.2g (42.73%), Net Carbohydrates: 121.5g (44.18%), Sugar: 6.07g (6.75%), Cholesterol: 10.88mg (3.63%), Sodium: 1291.66mg (56.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.28g (28.57%), Vitamin A: 11812.29IU (236.25%), Manganese: 1.91mg (95.39%), Folate: 368.39µg (92.1%), Vitamin B1: 0.88mg (58.67%), Vitamin K: 59.57µg (56.73%), Iron: 7.78mg (43.22%), Selenium: 25.44µg (36.35%), Vitamin B3: 6.89mg (34.43%), Vitamin C: 28.25mg (34.24%), Fiber: 6.69g (26.77%), Phosphorus: 258.01mg (25.8%), Vitamin B6: 0.5mg (25.1%), Copper: 0.44mg (22.14%), Vitamin B5: 2.21mg (22.14%), Magnesium: 86.22mg (21.56%), Calcium: 204.51mg (20.45%), Vitamin E: 2.89mg (19.26%), Potassium: 563.74mg (16.11%), Zinc: 2.29mg (15.25%), Vitamin B2: 0.15mg (8.87%), Vitamin B12: 0.17µg (2.81%)