



Risotto with Butternut Squash, Pancetta, and Jack Cheese

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



406 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 cup arborio rice uncooked
- 0.3 teaspoon pepper black freshly ground
- 1.5 pounds butternut squash peeled seeded cut into 1/2-inch cubes (3 1/2 cups)
- 2 cups less-sodium chicken broth fat-free
- 1 tablespoon tarragon fresh minced
- 2 garlic cloves minced
- 2 tablespoons madeira wine sweet

- 1 teaspoon olive oil
- 1 cup onion finely chopped
- 4 ounces pancetta chopped
- 2 tablespoons pinenuts toasted
- 0.5 teaspoon salt
- 1.3 cups water

Equipment

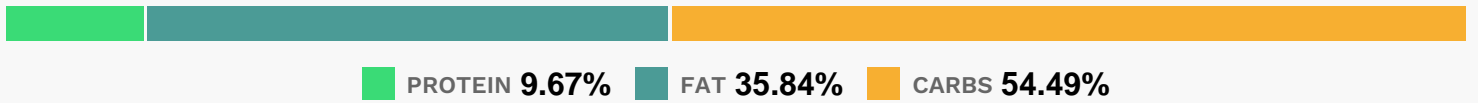
- frying pan
- paper towels
- sauce pan
- oven
- dutch oven

Directions

- Preheat oven to 47
- Place squash on a nonstick jelly-roll pan coated with cooking spray.
- Bake at 475 for 20 minutes or until tender, turning after 10 minutes.
- Reduce oven temperature to 32
- Combine broth, water, wine, and tarragon in a saucepan; bring to a simmer. Keep warm over low heat.
- Cook pancetta in a large ovenproof Dutch oven over medium-high heat until crisp.
- Remove pancetta from pan; drain on a paper towel. Discard pan drippings.
- Add onion and oil to pan; saut 10 minutes or until onion is tender.
- Add garlic; saut 1 minute.
- Add rice to pan; saut 1 minute. Stir in broth mixture; bring to a boil over medium heat. Reduce heat, and simmer over low heat, uncovered, for 10 minutes. (Do not stir; rice will have a liquid consistency similar to stew.)
- Place pan in oven; bake at 325 for 15 minutes.

- Remove from oven. Stir in the squash, pancetta, cheese, salt, and pepper. Cover with a clean cloth; let stand 10 minutes (rice will continue to cook).
- Sprinkle with pine nuts.
- Garnish with tarragon sprigs, if desired.
- Perfect wine: Clos du Val Chardonnay 2001 (Carneros, CA), \$ This chardonnay has refined flavors reminiscent of custard, caramel, apple tarts, and honey. There's a hint of oak, but the wine is not superbuttery, oaky, or toasty. This wine is complemented by the savoriness of the rice and the sweetness of the squash.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:25.01, Inflammation Score:-10, Nutrition Score:25.178695751273%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 405.9kcal (20.3%), Fat: 16.41g (25.24%), Saturated Fat: 4.29g (26.83%), Carbohydrates: 56.13g (18.71%), Net Carbohydrates: 50.62g (18.41%), Sugar: 5.88g (6.53%), Cholesterol: 18.71mg (6.24%), Sodium: 957.16mg (41.62%), Alcohol: 0.77g (100%), Alcohol %: 0.2% (100%), Protein: 9.97g (19.93%), Vitamin A: 18168.38IU (363.37%), Manganese: 1.43mg (71.49%), Vitamin C: 40.06mg (48.56%), Folate: 147.92µg (36.98%), Vitamin B1: 0.51mg (34.18%), Vitamin B3: 5.8mg (29%), Vitamin B6: 0.54mg (26.75%), Potassium: 871.6mg (24.9%), Magnesium: 95.75mg (23.94%), Iron: 4.04mg (22.47%), Fiber: 5.51g (22.04%), Selenium: 15.25µg (21.78%), Vitamin E: 3.19mg (21.28%), Phosphorus: 194.74mg (19.47%), Copper: 0.35mg (17.37%), Vitamin B5: 1.54mg (15.35%), Calcium: 125.16mg (12.52%), Zinc: 1.52mg (10.13%), Vitamin B2: 0.15mg (8.67%), Vitamin B12: 0.37µg (6.15%), Vitamin K: 5.59µg (5.32%)