



Roast Turkey and Butternut Squash Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



462 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup arborio rice dry
- 0.3 teaspoon pepper black freshly ground
- 2 cups butternut squash cubed peeled () (1 1/4 pounds)
- 0.5 cup cooking wine dry white divided
- 3.8 cups less-sodium chicken broth fat-free divided
- 1 tablespoon sage fresh minced
- 2 ounces goat cheese crumbled
- 0.3 teaspoon kosher salt

- 2 tablespoons olive oil divided
- 0.8 cup shallots finely chopped (5 medium)
- 0.8 pound reheated turkey diced cooked
- 1.5 cups water

Equipment

- frying pan
- sauce pan
- dutch oven

Directions

- Bring 3 1/4 cups chicken broth and 1 1/2 cups water to a simmer in a large saucepan (do not boil). Keep mixture warm over low heat.
- Heat 1 tablespoon oil in a Dutch oven over medium-high heat.
- Add squash and shallots; saut 5 minutes or until lightly browned. Stir in remaining 1/2 cup broth, 1/4 cup wine, sage, salt, and pepper. Cover, reduce heat, and simmer 3 minutes or until squash is tender.
- Remove squash mixture from pan, and keep warm.
- Increase heat to medium-high; add remaining 1 tablespoon oil and Arborio rice to pan. Saut 2 minutes or until lightly browned. Stir in 1 cup broth mixture and remaining 1/4 cup wine; cook 5 minutes or until liquid is nearly absorbed, stirring constantly.
- Add the remaining broth mixture, 1/2 cup at a time, stirring constantly until each portion of broth mixture is absorbed before adding the next (about 35 minutes total). Gently stir in squash mixture and reheated diced turkey, and top with crumbled goat cheese.

Nutrition Facts

 PROTEIN 19.89%  FAT 28.91%  CARBS 51.2%

Properties

Glycemic Index:39.75, Glycemic Load:33.25, Inflammation Score:-10, Nutrition Score:29.178695735724%

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 Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 462.49kcal (23.12%), Fat: 14.21g (21.86%), Saturated Fat: 4.05g (25.31%), Carbohydrates: 56.62g (18.87%), Net Carbohydrates: 52.26g (19.01%), Sugar: 5.8g (6.45%), Cholesterol: 50mg (16.67%), Sodium: 1150.34mg (50.01%), Alcohol: 3.09g (100%), Alcohol %: 0.67% (100%), Protein: 22g (44%), Copper: 4.95mg (247.46%), Vitamin A: 7623.7IU (152.47%), Manganese: 1.03mg (51.75%), Vitamin B3: 8.88mg (44.38%), Folate: 157.86µg (39.46%), Vitamin B6: 0.79mg (39.43%), Selenium: 26.41µg (37.73%), Vitamin B1: 0.44mg (29.27%), Phosphorus: 273.57mg (27.36%), Iron: 4.53mg (25.14%), Vitamin C: 18.25mg (22.12%), Vitamin B12: 1.19µg (19.82%), Vitamin B5: 1.91mg (19.09%), Potassium: 664.81mg (18.99%), Magnesium: 70.76mg (17.69%), Fiber: 4.36g (17.43%), Vitamin B2: 0.26mg (15.51%), Zinc: 2.16mg (14.37%), Vitamin E: 2.11mg (14.1%), Calcium: 102.42mg (10.24%), Vitamin K: 5.92µg (5.64%), Vitamin D: 0.24µg (1.59%)