



Roasted Butternut Squash Risotto with Sugared Walnuts

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



395 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.3 cups arborio rice uncooked
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- 0.1 teaspoon pepper black freshly ground
- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon brown sugar
- 1 teaspoon brown sugar
- 1 tablespoon butter melted

- 2 cups butternut squash cubed peeled ()
- 0.5 cup chardonnay
- 2 teaspoons garlic fresh minced
- 2 tablespoons lemon thyme fresh finely chopped
- 4 cups beef broth fat-free
- 1 tablespoon olive oil
- 1 cup onion finely chopped
- 0.3 cup pancetta finely chopped
- 1 ounce parmesan shaved
- 0.3 teaspoon salt
- 0.5 cup walnut pieces coarsely chopped
- 0.5 cup water

Equipment

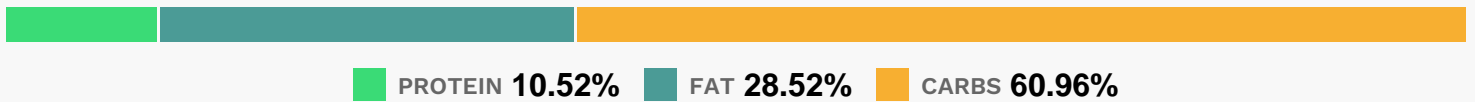
- bowl
- frying pan
- sauce pan
- oven

Directions

- Preheat oven to 40
- Arrange nuts in a single layer on a jelly-roll pan.
- Bake at 400 for 5 minutes or until toasted, stirring twice.
- Place nuts in a bowl.
- Drizzle butter over warm nuts; sprinkle with sugar and 1/8 teaspoon pepper. Toss well to coat.
- Combine squash and 1 tablespoon oil, tossing to coat. Arrange squash in a single layer on jelly-roll pan.
- Bake at 400 for 15 minutes or until squash is just tender.
- Remove from pan; stir in garlic. Set aside.

- Bring broth and 1/2 cup water to a simmer in a saucepan (do not boil). Keep warm over low heat.
- Heat a large saucepan over medium heat.
- Add pancetta to saucepan; cook 5 minutes or until browned, stirring frequently.
- Add onion; cook 3 minutes or until tender, stirring occasionally.
- Add rice; cook 2 minutes, stirring constantly.
- Add wine; cook 1 minute or until liquid is nearly absorbed, stirring constantly.
- Add broth mixture, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 20 minutes total). Stir in squash, thyme, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Top with cheese and nuts.

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:39.89, Inflammation Score:-10, Nutrition Score:17.300869514113%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 394.87kcal (19.74%), Fat: 12.2g (18.77%), Saturated Fat: 3.27g (20.42%), Carbohydrates: 58.68g (19.56%), Net Carbohydrates: 55.11g (20.04%), Sugar: 2.96g (3.29%), Cholesterol: 11.05mg (3.68%), Sodium: 414.7mg (18.03%), Alcohol: 1.58g (100%), Alcohol %: 0.68% (100%), Protein: 10.13g (20.26%), Vitamin A: 3880.23IU (77.6%), Manganese: 1.07mg (53.42%), Folate: 166.08µg (41.52%), Vitamin B1: 0.45mg (29.82%), Iron: 3.59mg (19.93%), Selenium: 12.51µg (17.87%), Vitamin B3: 3.46mg (17.29%), Copper: 0.3mg (15.07%), Potassium: 517.21mg (14.78%), Vitamin C: 11.96mg (14.5%), Phosphorus: 143.53mg (14.35%), Fiber: 3.56g (14.26%), Vitamin B6: 0.27mg (13.52%), Magnesium: 47.17mg (11.79%), Vitamin B5: 1.09mg (10.91%), Calcium: 84.71mg (8.47%), Zinc: 1.25mg (8.32%), Vitamin E: 0.89mg (5.95%), Vitamin B2: 0.08mg (4.89%), Vitamin K: 2.06µg (1.97%), Vitamin B12: 0.08µg (1.37%)