



Roasted Butternut Squash Risotto with Sugared Walnuts

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



281 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.3 cups arborio rice uncooked
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 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 lower-sodium chicken broth fat-free
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion finely chopped
- ☐ 0.3 cup pancetta finely chopped
- ☐ 1 ounce parmigiano-reggiano cheese shaved
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup walnuts coarsely chopped
- ☐ 0.5 cup water

Equipment

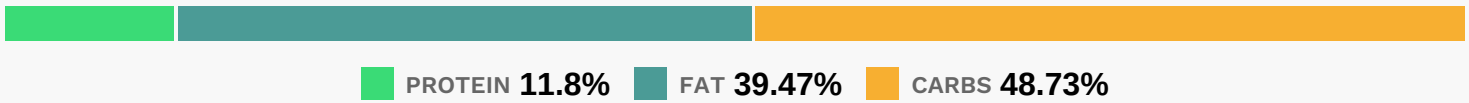
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

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:45, Glycemic Load:20.32, Inflammation Score:-10, Nutrition Score:13.437391185242%

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: 281.1kcal (14.05%), Fat: 12.04g (18.52%), Saturated Fat: 3.22g (20.15%), Carbohydrates: 33.45g (11.15%), Net Carbohydrates: 30.76g (11.19%), Sugar: 2.47g (2.75%), Cholesterol: 11.05mg (3.68%), Sodium: 414.25mg (18.01%), Alcohol: 1.58g (100%), Alcohol %: 0.77% (100%), Protein: 8.1g (16.19%), Vitamin A: 3880.23IU (77.6%), Manganese: 0.74mg (37.2%), Folate: 93.88µg (23.47%), Vitamin B1: 0.27mg (18.05%), Vitamin C: 11.96mg (14.5%), Potassium: 492.8mg (14.08%), Iron: 2.26mg (12.57%), Copper: 0.24mg (11.78%), Phosphorus: 113.82mg (11.38%), Selenium: 7.78µg (11.12%), Vitamin B3: 2.17mg (10.86%), Vitamin B6: 0.22mg (10.84%), Fiber: 2.69g (10.76%), Magnesium: 39.94mg (9.99%), Calcium: 83.36mg (8.34%), Vitamin B5: 0.69mg (6.88%), Zinc: 0.9mg (6.02%), Vitamin E: 0.89mg (5.95%), Vitamin B2: 0.07mg (4.01%), Vitamin K: 2.06µg (1.97%), Vitamin B12: 0.08µg (1.37%)