



Saffron Risotto with Butternut Squash

READY IN



95 min.

SERVINGS



6

CALORIES



606 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 ounces arborio rice
- ☐ 2 pounds butternut squash
- ☐ 6 cups chicken stock see homemade
- ☐ 0.5 cup cooking wine dry white
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons olive oil
- ☐ 2 ounces pancetta diced
- ☐ 1 cup parmesan cheese freshly grated
- ☐ 1 teaspoon saffron threads

- ☐ 0.5 cup shallots minced 2 large
- ☐ 6 tablespoons butter unsalted

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat the oven to 400 degrees.
- ☐ Peel the butternut squash, remove the seeds, and cut it into 3/4-inch cubes. You should have about 6 cups.
- ☐ Place the squash on a sheet pan and toss it with the olive oil, 1 teaspoon salt, and 1/2 teaspoon pepper. Roast for 25 to 30 minutes, tossing once, until very tender. Set aside.
- ☐ Meanwhile, heat the chicken stock in a small covered saucepan. Leave it on low heat to simmer.
- ☐ In a heavy-bottomed pot or Dutch oven, melt the butter and saute the pancetta and shallots on medium-low heat for 10 minutes, until the shallots are translucent but not browned.
- ☐ Add the rice and stir to coat the grains with butter.
- ☐ Add the wine and cook for 2 minutes.
- ☐ Add 2 full ladles of stock to the rice plus the saffron, 1 teaspoon salt, and 1/2 teaspoon pepper. Stir, and simmer until the stock is absorbed, 5 to 10 minutes. Continue to add the stock, 2 ladles at a time, stirring every few minutes. Each time, cook until the mixture seems a little dry, then add more stock. Continue until the rice is cooked through, but still al dente, about 30 minutes total. Off the heat, add the roasted squash cubes and Parmesan cheese.
- ☐ Mix well and serve.

Nutrition Facts



 **PROTEIN 11.64%**  **FAT 41.76%**  **CARBS 46.6%**

Properties

Glycemic Index:38.17, Glycemic Load:30.48, Inflammation Score:-10, Nutrition Score:26.585217703944%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 605.69kcal (30.28%), Fat: 27.74g (42.68%), Saturated Fat: 12.55g (78.43%), Carbohydrates: 69.65g (23.22%), Net Carbohydrates: 64.64g (23.51%), Sugar: 8.88g (9.87%), Cholesterol: 58.04mg (19.35%), Sodium: 708.99mg (30.83%), Alcohol: 2.06g (100%), Alcohol %: 0.5% (100%), Protein: 17.4g (34.79%), Vitamin A: 16578.44IU (331.57%), Manganese: 0.91mg (45.48%), Folate: 170.32µg (42.58%), Vitamin C: 33.82mg (41%), Vitamin B3: 8.01mg (40.06%), Vitamin B1: 0.55mg (36.43%), Selenium: 21.31µg (30.44%), Phosphorus: 297.85mg (29.78%), Vitamin B6: 0.58mg (28.88%), Potassium: 954.58mg (27.27%), Calcium: 241.96mg (24.2%), Vitamin E: 3.38mg (22.54%), Iron: 4.01mg (22.25%), Magnesium: 85.48mg (21.37%), Fiber: 5g (20.02%), Vitamin B2: 0.33mg (19.65%), Copper: 0.37mg (18.5%), Vitamin B5: 1.4mg (14.02%), Zinc: 2.03mg (13.55%), Vitamin K: 6.62µg (6.3%), Vitamin B12: 0.3µg (4.93%), Vitamin D: 0.33µg (2.21%)