



Squash and Roasted-Garlic Risotto

 Gluten Free

READY IN



100 min.

SERVINGS



6

CALORIES



259 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup arborio rice uncooked
- ☐ 2 teaspoons butter
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 tablespoon sage fresh chopped
- ☐ 2 garlic heads whole
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 kabocha squash
- ☐ 1 teaspoon olive oil

- ☐ 1 cup onion finely chopped
- ☐ 2 ounces parmesan cheese fresh grated
- ☐ 0.3 teaspoon salt
- ☐ 29 ounce vegetable broth canned
- ☐ 1 cup water

Equipment

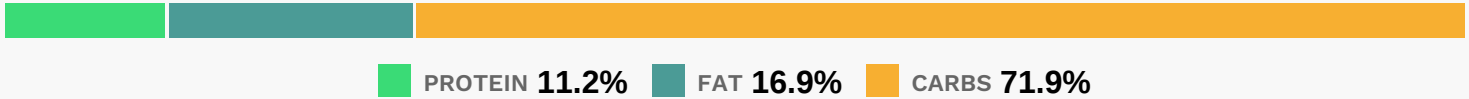
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil
- ☐ chefs knife

Directions

- ☐ Preheat oven to 375
- ☐ Cut squash in half lengthwise; discard seeds and membrane.
- ☐ Place halves, cut sides down, on a baking sheet coated with cooking spray. With a chef's knife, slice off top 1/4 inch of garlic heads; place on a 4- x 4-inch sheet of aluminum foil.
- ☐ Drizzle with oil and secure foil edges around heads; place on baking sheet with squash.
- ☐ Bake at 375 for 50 minutes or until squash is tender. Cool. Scoop squash out of shell, transfer to bowl, add garlic; mash together with fork. Set aside.
- ☐ Bring broth and water to a simmer in a large saucepan. Keep warm over low heat.
- ☐ Heat a large nonstick skillet over medium-high heat, until hot. Melt butter in pan.
- ☐ Add onion; saut 4 minutes or until lightly browned.
- ☐ Reduce heat to medium.
- ☐ Add rice; saut 1 minute. Stir in wine and 1/2 cup broth mixture; cook until liquid is nearly absorbed, stirring constantly.

- ☐ Add remaining broth, 1/2 cup at a time, stirring constantly until each portion is absorbed before adding the next (about 30 minutes or until all broth has been absorbed and rice is tender). Stir in squash mixture, cheese, sage, pepper, and salt.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:51.33, Glycemic Load:22.43, Inflammation Score:-10, Nutrition Score:21.735217459824%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg

Nutrients (% of daily need)

Calories: 259.34kcal (12.97%), Fat: 4.84g (7.45%), Saturated Fat: 2.61g (16.34%), Carbohydrates: 46.36g (15.45%), Net Carbohydrates: 42.36g (15.4%), Sugar: 5.23g (5.81%), Cholesterol: 10.01mg (3.34%), Sodium: 816.21mg (35.49%), Alcohol: 1.03g (100%), Alcohol %: 0.34% (100%), Protein: 7.22g (14.45%), Vitamin A: 13695.89IU (273.92%), Copper: 3.22mg (160.78%), Manganese: 0.77mg (38.66%), Vitamin C: 28.54mg (34.59%), Folate: 116.67µg (29.17%), Vitamin B1: 0.33mg (22.33%), Calcium: 190.3mg (19.03%), Fiber: 4g (16%), Vitamin B6: 0.31mg (15.39%), Potassium: 529.87mg (15.14%), Magnesium: 60.51mg (15.13%), Phosphorus: 150.46mg (15.05%), Vitamin B3: 2.95mg (14.73%), Iron: 2.59mg (14.37%), Vitamin E: 1.96mg (13.08%), Selenium: 8.09µg (11.56%), Vitamin B5: 1.02mg (10.18%), Zinc: 0.91mg (6.06%), Vitamin B2: 0.08mg (4.95%), Vitamin K: 2.35µg (2.24%), Vitamin B12: 0.12µg (1.94%)