



## Squash and Saffron Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



453 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 cups arborio rice
- 12 ounce butternut squash
- 2 quarts chicken broth dried low-sodium (preferably porcini)
- 1 cup wine dry white
- 0.3 cup olive oil plus more for drizzling
- 0.3 cup parmesan cheese as needed finely grated plus more
- 0.3 cup parsley fresh italian coarsely chopped
- 1 large pinch saffron threads

- 1 medium onion yellow finely chopped

## Equipment

- sauce pan
- sieve
- dutch oven
- peeler

## Directions

- Prepare the squash: Peel off the skin with a vegetable peeler. Trim the top and bottom.
- Cut the neck from the bulb of the squash. Halve each piece lengthwise and scrape out the seeds.
- Cut the squash into 1/2-inch cubes and set aside.
- Place the broth in a medium saucepan over low heat and keep it at a very low simmer. If you're using dried mushrooms, place the mushrooms and the 2 quarts of water in a medium saucepan over medium heat and bring to a simmer.
- Remove from heat and let sit for at least 15 minutes. Strain the mushroom broth through a fine-mesh strainer set over another medium saucepan, leaving any sediment behind, and keep at a bare simmer over low heat. (Either save the rehydrated mushrooms for another use, or chop them, season them with salt, and add them to the risotto halfway through the cooking.) In a large wide pot or Dutch oven, heat the measured oil over medium heat until shimmering.
- Add the onion, squash, and a large pinch each of salt and pepper and cook, stirring often, until the onion is translucent, about 5 minutes.
- Add the rice and cook, stirring, until the kernels start to crackle, about 1 to 2 minutes. Stir in the wine and saffron and let simmer, stirring often, until all of the liquid has been absorbed, about 2 to 4 minutes.
- Pour a ladleful of the simmering broth over the rice.
- Let simmer, stirring constantly, until the rice absorbs the liquid. Continue adding broth, stirring and letting it absorb, until the rice is al dente, about 20 to 30 minutes (you may not use up all of the broth). Taste as you go for doneness, seasoning with salt and pepper as needed. When the rice is done, remove from heat and stir in the measured Parmesan and parsley. Taste and season with more salt, pepper, and Parmesan as needed. Just before

servings, loosen the risotto to the desired consistency with a little more broth or hot water and serve immediately.

Drizzle each serving with olive oil.

## Nutrition Facts

**PROTEIN 11.86%** **FAT 26.17%** **CARBS 61.97%**

### Properties

Glycemic Index:37.67, Glycemic Load:42.3, Inflammation Score:-10, Nutrition Score:22.597826279376%

### Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

### Nutrients (% of daily need)

Calories: 452.81kcal (22.64%), Fat: 12.5g (19.23%), Saturated Fat: 2.57g (16.06%), Carbohydrates: 66.61g (22.2%), Net Carbohydrates: 63.22g (22.99%), Sugar: 2.84g (3.16%), Cholesterol: 3.63mg (1.21%), Sodium: 174.81mg (7.6%), Alcohol: 4.12g (100%), Alcohol %: 1.02% (100%), Protein: 12.75g (25.5%), Vitamin A: 6274.16IU (125.48%), Vitamin K: 47.35µg (45.09%), Manganese: 0.89mg (44.31%), Folate: 177.25µg (44.31%), Vitamin B3: 7.84mg (39.22%), Vitamin B1: 0.45mg (29.81%), Iron: 4.25mg (23.62%), Phosphorus: 217.08mg (21.71%), Vitamin C: 16.6mg (20.12%), Copper: 0.36mg (17.79%), Potassium: 598.45mg (17.1%), Selenium: 11.94µg (17.06%), Vitamin E: 2.16mg (14.37%), Vitamin B6: 0.28mg (14.03%), Fiber: 3.4g (13.58%), Magnesium: 46.33mg (11.58%), Vitamin B5: 1.15mg (11.49%), Vitamin B2: 0.17mg (9.75%), Zinc: 1.42mg (9.47%), Calcium: 90.03mg (9%), Vitamin B12: 0.37µg (6.2%)