



Squash, mushroom & gorgonzola pilaf



Vegetarian



Gluten Free



Very Healthy

READY IN



65 min.

SERVINGS



2

CALORIES



513 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tsp canola oil
- ☐ 1 large onion halved sliced
- ☐ 3 garlic clove finely chopped
- ☐ 200 g butternut squash diced chunk peeled deseeded
- ☐ 140 g mushrooms
- ☐ 125 g rice
- ☐ 700 ml vegetable stock reduced-salt
- ☐ 10 pieces mushrooms dried chopped

- ☐ 2 tsp sage fresh chopped
- ☐ 1 small parsley separated chopped
- ☐ 40 g gorgonzola crumbled

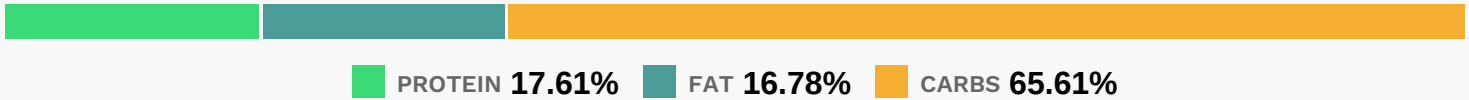
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a large non-stick pan, add the onion and garlic, and fry for 5 mins. Tip in the squash and button mushrooms, and cook for a few mins more. Stir in the rice, then pour in the stock. Stir well, then add the dried mushroom, sage and parsley stalks. Cover and simmer over a low heat for 35–40 mins until the rice is tender check towards the end of cooking and add a little water if the rice has absorbed all the stock. If there is a lot of liquid, uncover and cook for an additional 5–10 mins.
- ☐ Take off the heat, fold in the parsley leaves and cheese with some black pepper, then allow to stand for 5 mins before serving.

Nutrition Facts



Properties

Glycemic Index:143.09, Glycemic Load:37.21, Inflammation Score:-10, Nutrition Score:45.692608522332%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 15.3mg, Quercetin: 15.3mg, Quercetin: 15.3mg, Quercetin: 15.3mg

Nutrients (% of daily need)

Calories: 513.19kcal (25.66%), Fat: 10.13g (15.59%), Saturated Fat: 4.34g (27.13%), Carbohydrates: 89.13g (29.71%), Net Carbohydrates: 80.59g (29.31%), Sugar: 16.88g (18.75%), Cholesterol: 15mg (5%), Sodium: 1652.87mg (71.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.92g (47.85%), Copper: 7.66mg (382.96%), Vitamin A: 11567.12IU (231.34%), Vitamin B2: 1.84mg (108.45%), Vitamin B3: 17.69mg (88.46%), Vitamin B5: 7.79mg (77.88%),

Selenium: 52.91µg (75.59%), Manganese: 1.45mg (72.65%), Phosphorus: 573.14mg (57.31%), Potassium: 1949.52mg (55.7%), Vitamin C: 37.44mg (45.38%), Vitamin B6: 0.87mg (43.64%), Vitamin B1: 0.54mg (35.97%), Fiber: 8.54g (34.17%), Folate: 125.75µg (31.44%), Magnesium: 104.3mg (26.08%), Zinc: 3.77mg (25.13%), Calcium: 222.9mg (22.29%), Iron: 3.85mg (21.39%), Vitamin E: 2.02mg (13.45%), Vitamin K: 11.82µg (11.26%), Vitamin B12: 0.41µg (6.87%), Vitamin D: 0.94µg (6.27%)