



Winter Squash Risotto with Radicchio

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



465 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup arborio rice uncooked
- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 1.5 teaspoons butter
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 tablespoons half-and-half whole
- ☐ 4 pounds hubbard squash blue
- ☐ 0.5 cup onion diced finely
- ☐ 2 ounces parmesan cheese fresh grated

- ☐ 2.5 cups radicchio thinly sliced
- ☐ 14.5 ounce vegetable broth canned
- ☐ 2 cups water

Equipment

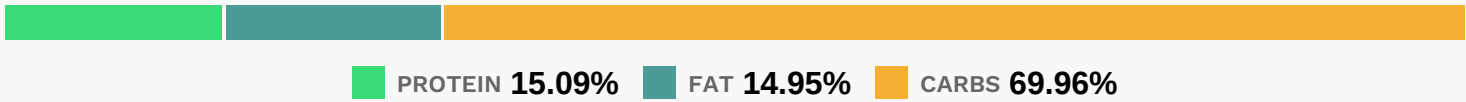
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 375
- ☐ Cut squash in half lengthwise; discard the seeds and membrane.
- ☐ Place squash halves, cut sides down, on a baking sheet; bake at 375 for 50 minutes or until squash is tender. Cool. Peel squash; mash pulp. Set aside 1 cup pulp, reserving remaining pulp for another use.
- ☐ Bring water and broth to a simmer in a large saucepan. Keep warm over low heat.
- ☐ Place a Dutch oven coated with cooking spray over medium-high heat until hot.
- ☐ Add radicchio to Dutch oven; saut 2 minutes or until wilted.
- ☐ Place radicchio in a bowl.
- ☐ Sprinkle with 1/8 teaspoon pepper. Melt butter in Dutch oven.
- ☐ Add onion; saut 3 minutes or until lightly browned.
- ☐ Add rice; saut 1 minute. Stir in wine and 1/2 cup broth mixture; cook 3 minutes or until the liquid is nearly absorbed, stirring constantly.
- ☐ Add 2 cups broth mixture, 1/2 cup at a time, stirring constantly until each portion of liquid is absorbed before adding the next (about 15 minutes total). Stir in squash pulp. Repeat procedure with remaining 1 1/4 cups broth mixture (about 9 minutes total). Stir in radicchio mixture and half-and-half.
- ☐ Remove from heat; stir in cheese.

Sprinkle with 1/8 teaspoon pepper.

Nutrition Facts



Properties

Glycemic Index:79, Glycemic Load:32.64, Inflammation Score:-10, Nutrition Score:34.996521700983%

Flavonoids

Cyanidin: 31.75mg, Cyanidin: 31.75mg, Cyanidin: 31.75mg, Cyanidin: 31.75mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 9.5mg, Luteolin: 9.5mg, Luteolin: 9.5mg, Luteolin: 9.5mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.94mg, Quercetin: 11.94mg, Quercetin: 11.94mg, Quercetin: 11.94mg

Nutrients (% of daily need)

Calories: 465.45kcal (23.27%), Fat: 8.04g (12.36%), Saturated Fat: 3.99g (24.95%), Carbohydrates: 84.62g (28.21%), Net Carbohydrates: 64.93g (23.61%), Sugar: 20.41g (22.68%), Cholesterol: 14.57mg (4.86%), Sodium: 698.3mg (30.36%), Alcohol: 1.54g (100%), Alcohol %: 0.24% (100%), Protein: 18.25g (36.5%), Vitamin A: 6597.05IU (131.94%), Fiber: 19.69g (78.75%), Manganese: 1.43mg (71.37%), Vitamin K: 70.39µg (67.03%), Vitamin C: 53.38mg (64.7%), Folate: 208.09µg (52.02%), Potassium: 1631.25mg (46.61%), Vitamin B6: 0.85mg (42.38%), Vitamin B1: 0.62mg (41.59%), Magnesium: 113mg (28.25%), Phosphorus: 267.85mg (26.78%), Vitamin B5: 2.65mg (26.52%), Calcium: 257.31mg (25.73%), Copper: 0.51mg (25.71%), Iron: 4.28mg (23.8%), Vitamin B3: 4.48mg (22.38%), Selenium: 13.51µg (19.31%), Vitamin B2: 0.28mg (16.37%), Zinc: 1.78mg (11.88%), Vitamin E: 1.37mg (9.16%), Vitamin B12: 0.21µg (3.56%), Vitamin D: 0.15µg (1.02%)