



Acorn Squash Crostini with Crispy Bacon and Sage

READY IN



120 min.

SERVINGS



15

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 pound acorn squash halved
- ☐ 0.5 pound bacon roughly chopped
- ☐ 1 crusty baguette thinly sliced
- ☐ 15 servings pepper black freshly ground
- ☐ 4 tablespoons butter
- ☐ 15 servings kosher salt
- ☐ 30 sage
- ☐ 0.3 cup milk whole

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Preheat oven to 375°F.
- ☐ Place squash in parchment-lined baking pan. Melt 2 tablespoons butter in microwave and brush squash thoroughly, pouring any extra into squash cavity.
- ☐ Sprinkle with salt and pepper.
- ☐ Bake for 30–40 minutes, until the squash halves are easily pierced with knife.
- ☐ Cool until easy to handle. Scoop out flesh and transfer to food processor.
- ☐ Add milk and process until smooth. Taste for salt, adding more as necessary. Set aside (this can be done up to 2 days in advance).
- ☐ Meanwhile, place bacon and sage in baking pan and toss with small drizzle of olive oil. Season lightly with some salt and pepper.
- ☐ Bake for 15–20 minutes, until bacon has rendered all its fat, and sage is dark and crispy. Set aside.
- ☐ Arrange bread slices on a baking sheet and brush lightly with olive oil. Toast in the oven for about 5 minutes, until crusty, but not browned.
- ☐ In medium frying pan over medium heat, melt remaining 2 tablespoons butter. When butter has melted and is slightly foamy, give it a stir. Continue cooking until light golden brown, about 1 minute longer, then immediately add squash puree and stir to combine.
- ☐ Scoop 1 tablespoon of the warm squash mixture onto each slice of bread. Top with a piece of crispy bacon and sage, and serve.

Nutrition Facts



 **PROTEIN 10.34%**  **FAT 55.79%**  **CARBS 33.87%**

Properties

Glycemic Index:12.78, Glycemic Load:5.59, Inflammation Score:-3, Nutrition Score:5.4773913544157%

Nutrients (% of daily need)

Calories: 153.94kcal (7.7%), Fat: 9.67g (14.87%), Saturated Fat: 4.11g (25.68%), Carbohydrates: 13.21g (4.4%), Net Carbohydrates: 12.15g (4.42%), Sugar: 0.98g (1.09%), Cholesterol: 18.49mg (6.16%), Sodium: 423.82mg (18.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.06%), Copper: 0.3mg (15.18%), Vitamin B1: 0.2mg (13.67%), Selenium: 6.25µg (8.93%), Manganese: 0.18mg (8.81%), Vitamin B3: 1.69mg (8.45%), Vitamin B6: 0.13mg (6.51%), Folate: 25.67µg (6.42%), Potassium: 216.71mg (6.19%), Vitamin C: 4.99mg (6.05%), Phosphorus: 59.13mg (5.91%), Vitamin A: 272.49IU (5.45%), Iron: 0.98mg (5.42%), Magnesium: 21.54mg (5.38%), Vitamin B2: 0.08mg (4.56%), Fiber: 1.06g (4.25%), Calcium: 40.22mg (4.02%), Vitamin B5: 0.35mg (3.49%), Zinc: 0.39mg (2.62%), Vitamin B12: 0.1µg (1.73%), Vitamin E: 0.2mg (1.35%)