




# Acorn Squash Gnocchi with Parmesan Sage Beurre Blanc

READY IN  
  
80 min.

SERVINGS  
  
8

CALORIES  
  
228 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 acorn squash halved seeded
- 1 cup beer
- 1 cube chicken bouillon
- 1 eggs
- 2 cloves garlic pressed
- 0.3 teaspoon pepper black
- 0.5 cup parmesan cheese grated
- 0.3 teaspoon rubbed sage

- 1 tablespoon salt
- 0.3 cup butter unsalted cold cut into small cubes
- 7 cups water
- 1 cup flour white
- 1 cup flour whole wheat

## Equipment

- bowl
- knife
- whisk
- pot
- microwave
- slotted spoon

## Directions

- Use a knife to perforate the acorn squash with several slits. Cook in microwave for 10 minutes. Scrape the flesh into a bowl. Stir in the garlic, 1/2 teaspoon salt, egg, and whole wheat flour.
- Add the white flour in small amounts and mix until you get a sticky dough with a manageable texture. Turn the dough out onto a floured surface and roll into thin ropes. Slice the dough into quarter-sized gnocchi.
- Bring the water with 1 tablespoon salt to a boil in a large pot; add the gnocchi to the boiling water one at a time, until they are all floating at the top; remove with a slotted spoon to a large bowl; set aside.
- Discard all but 1 1/2 cups of the water from the pot and return to heat; add the bouillon cube, beer, sage, and pepper and bring to a boil; continue to boil until the mixture reduces to about half its original volume, about 15 minutes; reduce heat to medium.
- Whisk the butter cubes into the mixture, one at a time, until they are all melted into the liquid; immediately return the gnocchi to the mixture, turn off the heat, and stir in the Parmesan cheese. Cover the pot and allow to sit for 10 minutes before serving.

## Nutrition Facts



■ PROTEIN 12.03% ■ FAT 34.19% ■ CARBS 53.78%

## Properties

Glycemic Index:22.19, Glycemic Load:9.13, Inflammation Score:-6, Nutrition Score:10.461304395095%

## Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 228.44kcal (11.42%), Fat: 8.62g (13.25%), Saturated Fat: 4.89g (30.54%), Carbohydrates: 30.49g (10.16%), Net Carbohydrates: 27.62g (10.04%), Sugar: 0.14g (0.16%), Cholesterol: 41.15mg (13.72%), Sodium: 1004.42mg (43.67%), Alcohol: 1.15g (100%), Alcohol %: 0.43% (100%), Protein: 6.82g (13.64%), Manganese: 0.84mg (41.95%), Selenium: 19.07µg (27.25%), Vitamin B1: 0.28mg (18.71%), Phosphorus: 147.42mg (14.74%), Folate: 49.34µg (12.34%), Magnesium: 48.39mg (12.1%), Fiber: 2.87g (11.47%), Vitamin B3: 2.21mg (11.06%), Iron: 1.8mg (10.01%), Vitamin B2: 0.16mg (9.69%), Calcium: 94.9mg (9.49%), Vitamin B6: 0.19mg (9.43%), Vitamin A: 460.76IU (9.22%), Potassium: 290.94mg (8.31%), Copper: 0.17mg (8.25%), Vitamin C: 6.16mg (7.47%), Zinc: 0.95mg (6.35%), Vitamin B5: 0.5mg (5.04%), Vitamin B12: 0.15µg (2.52%), Vitamin E: 0.37mg (2.48%), Vitamin D: 0.25µg (1.65%), Vitamin K: 1.14µg (1.08%)