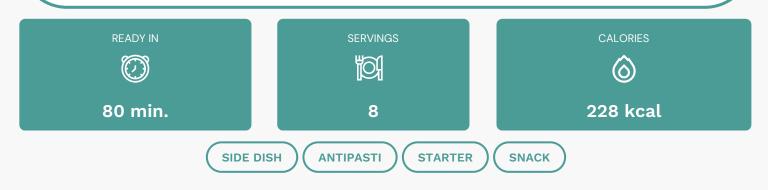


Acorn Squash Gnocchi with Parmesan Sage Beurre Blanc



Ingredients

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 acorn squash halved seeded

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 11/2 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

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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Gallocatechin: 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%)