



Braised Pine Nuts with Butternut Squash

 Very Healthy

READY IN



75 min.

SERVINGS



1

CALORIES



1618 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.3 pounds butternut squash
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 cup chicken broth low-sodium
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 serving orange zest finely grated
- ☐ 0.5 cup parmigiano-reggiano shavings
- ☐ 3.5 ounces pinenuts italian
- ☐ 1 pinch saffron threads

- ☐ 1 serving salt and pepper freshly ground
- ☐ 1 large shallots minced
- ☐ 1 teaspoon tomato paste

Equipment

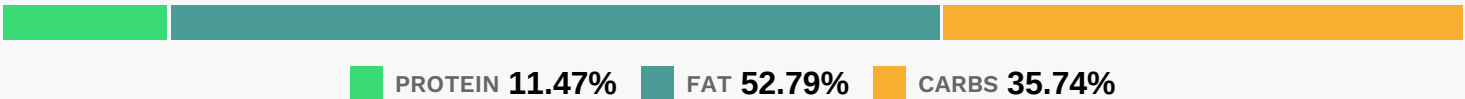
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ pressure cooker

Directions

- ☐ Preheat the oven to 350°F.
- ☐ Peel and slice the butternut squash 1/2 inch thick; spread on a baking sheet, drizzle with olive oil and season with salt and pepper. Cover with foil and roast until tender but not browned, 45 minutes. Meanwhile, spread the pine nuts on a baking sheet and toast until golden, 4 minutes.
- ☐ Transfer the squash to a food processor and puree until smooth. Set aside 1 cup of the puree and reserve the rest for another use.
- ☐ Heat the 1 tablespoon of olive oil in a pressure cooker.
- ☐ Add the shallot and cook over moderate heat, stirring, until softened, 4 minutes.
- ☐ Add the pine nuts and tomato paste and cook, stirring, for 2 minutes.
- ☐ Add the wine and boil until reduced to 2 tablespoons, 5 minutes.
- ☐ Add the broth. Cover and cook at 15 PSI (see Note) for 7 minutes.
- ☐ Place the pressure cooker in the sink and run cold water over the lid to depressurize it rapidly; remove the lid once it can be released without force.
- ☐ Return the pressure cooker to medium heat, uncovered, and bring the contents to a boil. Allow the liquid to reduce until the pine nuts are suspended in a thick sauce, about 4 minutes. Stir in the reserved squash puree and saffron and cook until heated through. Stir in a tablespoon of water if the puree is too thick. Season with salt and pepper. Spoon the mixture

into bowls, garnish with orange zest and the cheese shavings and serve.

Nutrition Facts



Properties

Glycemic Index:187, Glycemic Load:2.34, Inflammation Score:-10, Nutrition Score:74.897391106771%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 1617.67kcal (80.88%), Fat: 97.3g (149.69%), Saturated Fat: 15.65g (97.81%), Carbohydrates: 148.23g (49.41%), Net Carbohydrates: 121.83g (44.3%), Sugar: 30.57g (33.97%), Cholesterol: 34mg (11.33%), Sodium: 1165.51mg (50.67%), Alcohol: 12.36g (100%), Alcohol %: 0.99% (100%), Protein: 47.55g (95.1%), Vitamin A: 109050.39IU (2181.01%), Manganese: 11.05mg (552.57%), Vitamin C: 234.79mg (284.59%), Vitamin E: 26.38mg (175.85%), Magnesium: 642.96mg (160.74%), Phosphorus: 1369.35mg (136.94%), Potassium: 4689.8mg (133.99%), Calcium: 1149.04mg (114.9%), Copper: 2.24mg (112.05%), Fiber: 26.4g (105.61%), Vitamin B3: 20.44mg (102.22%), Vitamin B1: 1.44mg (96.02%), Vitamin B6: 1.91mg (95.75%), Folate: 326.86µg (81.71%), Iron: 14.52mg (80.67%), Vitamin K: 75.35µg (71.76%), Zinc: 9.85mg (65.7%), Vitamin B5: 4.81mg (48.13%), Vitamin B2: 0.71mg (41.72%), Selenium: 17.91µg (25.58%), Vitamin B12: 0.84µg (13.93%), Vitamin D: 0.25µg (1.67%)