



food  
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## Butternut Dumplings with Brown Butter and Sage

READY IN



105 min.

SERVINGS



8

CALORIES



656 kcal

SIDE DISH

### Ingredients

- 4 medium baking potatoes (russet)
- 1 eggs
- 5.5 cups flour for dusting all-purpose
- 5.5 tablespoons kosher salt
- 1 pinch nutmeg
- 8 servings oil
- 0.5 cup parmesan grated
- 1 bunch sage

- 8 tablespoons butter unsalted

## Equipment

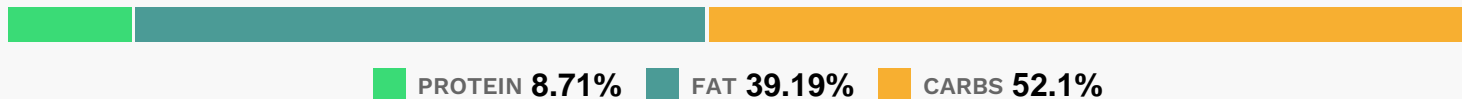
- bowl
- frying pan
- oven
- pot
- blender
- slotted spoon

## Directions

- Preheat oven to 375 degrees F.
- On a sheet pan, place the squash flesh side down and roast until very tender (about 45 minutes). At the same time, bake potatoes directly on the rack of oven for 1 hour.
- Split the potatoes and allow to cool slightly, or until you can handle them. Don't let them cool completely. Scoop the flesh of the potatoes and the squash into a bowl and mash with a hand masher.
- Mix in the egg, salt and nutmeg. Then add the flour and mix until a soft dough forms. Do not do this in a mixer, it will overwork the dough.
- Add flour by the spoonful if it's still too moist.
- Turn out onto a floured board and divide into 8 portions.
- Roll out into ropes and cut into 1/2-inch pieces. Line the pieces up on a floured sheet pan as you work. At this point you could freeze them on the pan until solid, then transfer to zip top bags and store in the freezer.
- In a large pot of boiling, salted water gently drop in the dumplings. Don't overcrowd. As they begin to float, remove them with a slotted spoon and toss them into an ice bath.
- Drain off the water and toss in a little oil. Store loosely in containers until ready to use.
- To reheat, in a saute pan over high heat add 1 tablespoon of soft butter. Cook until the butter begins to foam and turn brown.
- Add 2 teaspoons sage leaves and 1 cup of dumplings. Cook for an additional minute until the dumplings are heated through. Repeat until you have desired amount of servings. Plate and

top with freshly grated Parmesan.

## Nutrition Facts



### Properties

Glycemic Index:32.09, Glycemic Load:62.66, Inflammation Score:-7, Nutrition Score:23.653478218162%

### Nutrients (% of daily need)

Calories: 655.95kcal (32.8%), Fat: 28.53g (43.89%), Saturated Fat: 9.65g (60.3%), Carbohydrates: 85.35g (28.45%), Net Carbohydrates: 81.53g (29.65%), Sugar: 1.01g (1.12%), Cholesterol: 54.81mg (18.27%), Sodium: 4912.9mg (213.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.26g (28.53%), Copper: 4.09mg (204.52%), Vitamin B1: 0.77mg (51.43%), Selenium: 32.81µg (46.87%), Manganese: 0.9mg (44.94%), Folate: 175.71µg (43.93%), Vitamin B3: 6.2mg (31.02%), Vitamin B2: 0.51mg (30.12%), Iron: 5.24mg (29.11%), Vitamin B6: 0.42mg (21.04%), Phosphorus: 209.75mg (20.97%), Vitamin E: 2.91mg (19.39%), Potassium: 559.59mg (15.99%), Fiber: 3.82g (15.29%), Vitamin K: 13.26µg (12.63%), Magnesium: 49.6mg (12.4%), Calcium: 118.69mg (11.87%), Vitamin A: 429.57IU (8.59%), Vitamin B5: 0.82mg (8.25%), Zinc: 1.2mg (8.03%), Vitamin C: 6.07mg (7.36%), Vitamin B12: 0.15µg (2.46%), Vitamin D: 0.35µg (2.34%)