



Butternut Squash and Mascarpone Gnocchi

READY IN



540 min.

SERVINGS



12

CALORIES



222 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound butternut squash
- ☐ 1 pinch cayenne pepper
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose divided
- ☐ 0.3 cup sage leaves fresh thinly sliced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 12 servings salt and ground pepper black to taste
- ☐ 1 cup mascarpone cheese
- ☐ 1 tablespoon parmigiano-reggiano cheese finely grated

- ☐ 1.5 teaspoons salt
- ☐ 0.5 cup butter unsalted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ microwave
- ☐ slotted spoon

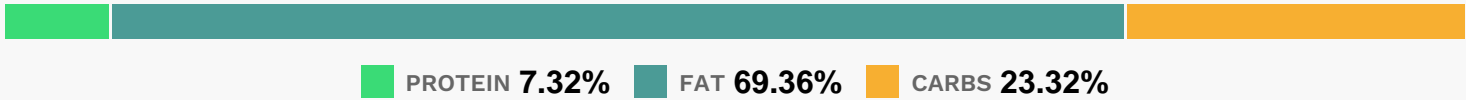
Directions

- ☐ Trim stem and cut butternut squash in half lengthwise.
- ☐ Place in a microwave-safe dish, cover with plastic wrap, and microwave until tender, about 8 minutes.
- ☐ Transfer to paper towels to cool. Discard skin and set squash aside.
- ☐ Whisk mascarpone cheese, 1/2 cup Parmigiano-Reggiano cheese, eggs, salt, and black pepper in a bowl until smooth.
- ☐ Whisk in butternut squash until blended.
- ☐ Whisk in 1/2 cup flour until just incorporated.
- ☐ Whisk in remaining 1/2 cup flour, stirring until flour just disappears. Cover and refrigerate for at least 8 hours or overnight.
- ☐ Bring a large pot of salted water to a boil.
- ☐ Melt about 1/3 of the butter in large nonstick skillet; remove from heat.
- ☐ Scoop out approximately 1 1/2 teaspoons of the butternut squash dough with a spoon. Using a second spoon, push the dough off the first spoon and into the boiling water. Repeat with remaining dough, working in batches of 12 to 15 gnocchi at a time. When a gnocchi rise to the surface, cook for 1 additional minute, then transfer with a slotted spoon to the melted butter

in the skillet.

- ☐
- Place the skillet over medium-high heat; cook gnocchi until golden brown on one side, about 3 minutes. Season with cayenne pepper, salt, and black pepper. Turn gnocchi over and stir in sage leaves. Cook until second side is golden, 2 to 3 minutes.
- ☐
- Transfer to plate and drizzle with browned butter from the skillet.
- ☐
- Garnish with 1 tablespoon Parmigiano-Reggiano cheese and serve.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:5.78, Inflammation Score:-10, Nutrition Score:10.489565258441%

Nutrients (% of daily need)

Calories: 221.55kcal (11.08%), Fat: 17.17g (26.42%), Saturated Fat: 10.47g (65.45%), Carbohydrates: 12.99g (4.33%), Net Carbohydrates: 11.88g (4.32%), Sugar: 0.9g (1%), Cholesterol: 70.37mg (23.46%), Sodium: 322.32mg (14.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.15%), Vitamin A: 4569.66IU (91.39%), Copper: 0.87mg (43.63%), Manganese: 0.2mg (10.07%), Vitamin C: 7.94mg (9.63%), Selenium: 6.48µg (9.25%), Folate: 33.54µg (8.38%), Vitamin B1: 0.12mg (8.3%), Calcium: 60.6mg (6.06%), Vitamin B2: 0.1mg (6.03%), Vitamin E: 0.86mg (5.75%), Vitamin B3: 1.08mg (5.41%), Iron: 0.95mg (5.28%), Potassium: 162.17mg (4.63%), Phosphorus: 45.8mg (4.58%), Fiber: 1.11g (4.42%), Magnesium: 17.31mg (4.33%), Vitamin B6: 0.08mg (3.92%), Vitamin B5: 0.34mg (3.39%), Vitamin D: 0.31µg (2.07%), Zinc: 0.27mg (1.77%), Vitamin B12: 0.1µg (1.59%), Vitamin K: 1.45µg (1.38%)