



Butternut Squash-and-Pecan Crostini

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



364 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon apple cider vinegar
- ☐ 2 tablespoons butter melted
- ☐ 1.5 lb butternut squash halved lengthwise seeded
- ☐ 10 servings accompaniment: crostini
- ☐ 10 servings kosher salt and pepper black freshly ground
- ☐ 1 tablespoon olive oil
- ☐ 10 servings parmesan cheese shaved
- ☐ 0.3 cup pecans toasted chopped

- ☐ 10 servings garnish: sage leaves fresh
- ☐ 0.5 teaspoon paprika smoked

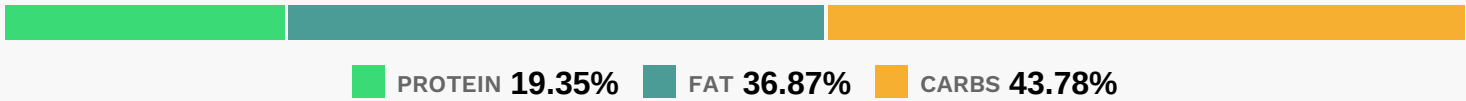
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Preheat oven to 42
- ☐ Place squash, flesh side up, in a 13- x 9-inch baking dish; drizzle with oil, and sprinkle with paprika and desired amount of salt and pepper. Turn squash, and place, flesh side down, in baking dish. Cover with heavy-duty aluminum foil.
- ☐ Bake 30 to 40 minutes or until tender. Cool in pan on a wire rack 5 minutes. Peel squash, and cut into large pieces.
- ☐ Pulse squash, vinegar, and butter in a food processor 7 or 8 times or until smooth.
- ☐ Add salt and pepper to taste.
- ☐ Spread 1 tsp. squash mixture onto each Crostini. Top each with a few pieces of shaved Parmesan and about 1/4 tsp. pecans.
- ☐ Make-Ahead Tip: Chill squash mixture up to 2 days. Microwave, stirring every 30 seconds, until hot.

Nutrition Facts



Properties

Glycemic Index:24.58, Glycemic Load:21.41, Inflammation Score:-10, Nutrition Score:19.866956399835%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 364.23kcal (18.21%), Fat: 15.04g (23.13%), Saturated Fat: 7.08g (44.22%), Carbohydrates: 40.18g (13.39%), Net Carbohydrates: 37.17g (13.52%), Sugar: 4.85g (5.39%), Cholesterol: 26.42mg (8.81%), Sodium: 896.99mg (39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.76g (35.51%), Vitamin A: 7587.99IU (151.76%), Calcium: 458.45mg (45.85%), Vitamin B1: 0.47mg (31.28%), Phosphorus: 299.51mg (29.95%), Manganese: 0.57mg (28.57%), Selenium: 18.23µg (26.05%), Folate: 89.64µg (22.41%), Vitamin B3: 3.84mg (19.22%), Vitamin B2: 0.32mg (19.08%), Vitamin C: 14.32mg (17.35%), Iron: 3.04mg (16.88%), Copper: 0.29mg (14.54%), Magnesium: 56.47mg (14.12%), Fiber: 3.01g (12.02%), Vitamin E: 1.56mg (10.42%), Zinc: 1.55mg (10.36%), Potassium: 361.44mg (10.33%), Vitamin B6: 0.21mg (10.32%), Vitamin B5: 0.68mg (6.78%), Vitamin B12: 0.36µg (6.08%), Vitamin K: 4.55µg (4.33%)