



WHATSheATE



HEALTH SCORE

100%

## Butternut-Squash-and-Sage Wontons



Very Healthy

READY IN



75 min.

SERVINGS



1

CALORIES



1171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.8 pound butternut squash seeded cut into 1-inch cubes
- ☐ 4 large garlic cloves unpeeled
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 tablespoon parmigiano-reggiano cheese freshly grated
- ☐ 2 sage leaves whole minced
- ☐ 1 serving salt and pepper freshly ground
- ☐ 1 medium shallots minced
- ☐ 0.3 cup walnuts

- ☐ 24 wonton wrappers

## Equipment

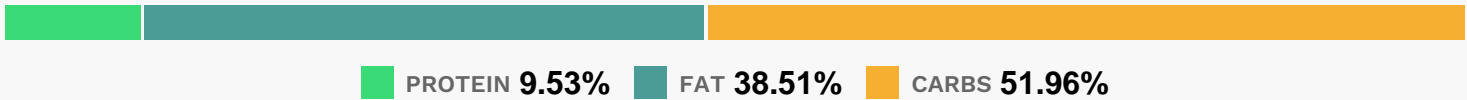
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ steamer basket

## Directions

- ☐ Preheat the oven to 40
- ☐ Arrange the garlic cloves and the whole sage leaf on a piece of foil and drizzle with 1 teaspoon of the olive oil. Wrap up the garlic in the foil and roast for about 40 minutes, until the cloves are very soft.
- ☐ Let cool, then peel the garlic.
- ☐ Meanwhile, spread the walnuts in a pie plate and toast for about 5 minutes, until golden brown.
- ☐ Let the walnuts cool, then coarsely chop them.
- ☐ In a medium saucepan, cover the squash with water. Bring to a boil and simmer over moderate heat until tender, about 15 minutes.
- ☐ Drain well and transfer to a bowl.
- ☐ Add the roasted garlic and the sage leaf to the squash and mash with a fork.
- ☐ In a large nonstick skillet, heat 1 tablespoon of the olive oil.
- ☐ Add the shallot and minced sage and cook over moderate heat until the shallot is softened, 3 minutes.
- ☐ Mix the shallot and sage into the mashed squash and season with salt and pepper. Wipe out the skillet.

- ☐ Working with 4 wonton wrappers at a time, mound a rounded teaspoon of squash filling in the center of each wrapper.
- ☐ Brush the edges of the wrappers with water and fold each one into a triangle, pressing the edges to seal. Bring the pointed edges together and press to seal.
- ☐ Transfer the stuffed wontons to a baking sheet and cover them with plastic wrap. Repeat with the remaining wonton wrappers and filling.
- ☐ Oil a steamer basket and set it over simmering water. Arrange half of the wontons in the basket, cover and steam for 5 minutes.
- ☐ Transfer the steamed wontons to a large plate. Repeat with the remaining wontons.
- ☐ Heat the remaining 1 tablespoon of olive oil until shimmering.
- ☐ Add the wontons and cook over moderate heat, turning once, until lightly browned and crisp, 2 minutes per side.
- ☐ Transfer the wontons to a platter, sprinkle with the toasted walnuts and cheese and serve.

## Nutrition Facts



## Properties

Glycemic Index:107, Glycemic Load:2.59, Inflammation Score:-10, Nutrition Score:51.346956234263%

## Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 1171.3kcal (58.57%), Fat: 51.49g (79.22%), Saturated Fat: 7.04g (44%), Carbohydrates: 156.34g (52.11%), Net Carbohydrates: 143.28g (52.1%), Sugar: 10.38g (11.53%), Cholesterol: 19.6mg (6.53%), Sodium: 1323.29mg (57.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.67g (57.33%), Vitamin A: 36234.83IU (724.7%), Manganese: 3.12mg (155.87%), Vitamin B1: 1.42mg (94.36%), Vitamin C: 77.57mg (94.02%), Selenium: 57.02µg (81.46%), Vitamin B3: 14.32mg (71.6%), Folate: 284.53µg (71.13%), Copper: 1.28mg (64.01%), Vitamin E: 9.17mg (61.11%), Iron: 9.99mg (55.52%), Fiber: 13.06g (52.25%), Magnesium: 208.47mg (52.12%), Vitamin B6: 0.97mg (48.73%), Vitamin B2: 0.83mg (48.66%), Potassium: 1610.96mg (46.03%), Phosphorus: 427.36mg (42.74%), Calcium: 367.66mg (36.77%), Vitamin K: 21.88µg (20.84%), Zinc: 3.07mg (20.47%), Vitamin B5: 1.74mg (17.39%),

Vitamin B12: 0.1µg (1.6%)