



Butternut Squash Crostini

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



411 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 slices baguette toasted
- ☐ 2 cups butternut squash diced peeled
- ☐ 2 cloves garlic sliced
- ☐ 2 tablespoons honey
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 slices pancetta thin
- ☐ 0.3 teaspoon pepper flakes red

- ☐ 8 sage leaves
- ☐ 2 tablespoons sherry vinegar

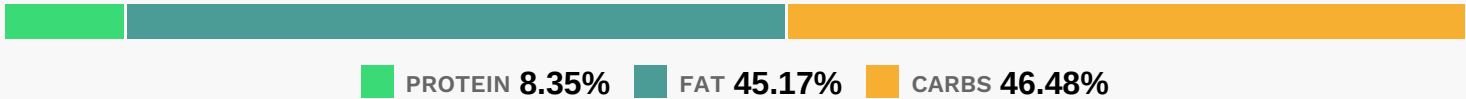
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ Cook the pancetta in a large skillet over medium-high heat, turning once, until crisp, about 5 minutes.
- ☐ Drain on paper towels, then break each piece in half.
- ☐ Add the olive oil to the skillet.
- ☐ Add the sage and fry until crisp, about 20 seconds.
- ☐ Remove the sage with a slotted spoon and drain on paper towels. Discard all but 1 tablespoon oil from the skillet.
- ☐ Increase the heat under the skillet to high.
- ☐ Add the squash and season with salt and pepper; cook, stirring occasionally, until golden and tender, about 7 minutes.
- ☐ Add the garlic and red pepper flakes and cook 1 more minute, then stir in the vinegar and honey. Spoon the squash mixture onto the baguette slices; top with the fried pancetta and sage.
- ☐ Photograph by Anna Williams

Nutrition Facts



Properties

Glycemic Index:38.51, Glycemic Load:25.77, Inflammation Score:-10, Nutrition Score:17.427826010663%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 411.03kcal (20.55%), Fat: 20.9g (32.16%), Saturated Fat: 4.09g (25.59%), Carbohydrates: 48.39g (16.13%), Net Carbohydrates: 45.55g (16.56%), Sugar: 13.19g (14.65%), Cholesterol: 9.24mg (3.08%), Sodium: 688.39mg (29.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.69g (17.38%), Vitamin A: 7483.38IU (149.67%), Vitamin B1: 0.48mg (32.31%), Manganese: 0.49mg (24.38%), Folate: 87.67µg (21.92%), Vitamin B3: 4.35mg (21.73%), Vitamin E: 3.25mg (21.64%), Selenium: 14.49µg (20.71%), Copper: 0.39mg (19.51%), Vitamin C: 15.26mg (18.5%), Iron: 2.97mg (16.48%), Vitamin B2: 0.24mg (13.98%), Vitamin B6: 0.24mg (11.77%), Fiber: 2.85g (11.38%), Magnesium: 43.33mg (10.83%), Phosphorus: 107.78mg (10.78%), Calcium: 106.49mg (10.65%), Potassium: 370.84mg (10.6%), Vitamin K: 10.97µg (10.45%), Vitamin B5: 0.62mg (6.17%), Zinc: 0.83mg (5.51%), Vitamin B12: 0.07µg (1.17%)