



## Butternut-Squash Crumble

READY IN



45 min.

SERVINGS



8

CALORIES



457 kcal

### Ingredients

- 0.8 cup butter unsalted chilled plus more for dish cut into ½-inch pieces, ()
- 3 tablespoons olive oil extra virgin extra-virgin
- 3 small butternut squash peeled cut into ¾-inch chunks ( 4 pounds total)
- 1 serving salt and pepper freshly ground
- 2 large shallots thinly sliced
- 0.3 cup parsley fresh coarsely chopped
- 0.5 cup chicken broth low-sodium homemade canned
- 1.5 cups flour all-purpose
- 0.8 teaspoon sugar
- 2 tablespoons thyme sprigs fresh

- 1 teaspoon salt
- 2 large egg yolk
- 3 tablespoons water

## Equipment

- food processor
- bowl
- frying pan
- oven
- whisk
- baking pan
- aluminum foil

## Directions

- Preheat oven to 375 degrees. Generously butter a 10-inch round gratin dish; set aside.
- Heat 1 tablespoon oil in a large skillet over medium-high heat.
- Add half the squash, and season with coarse salt and pepper. Cook, stirring occasionally, until well browned, 8 to 10 minutes.
- Transfer to prepared dish. Repeat with another tablespoon oil and remaining squash, and transfer to prepared dish. Set aside.
- Reduce heat to medium; add remaining tablespoon oil and the shallots to skillet. Cook, stirring frequently, until the shallots are lightly browned, 3 to 5 minutes.
- Transfer the shallots to baking dish along with parsley and stock; stir well to combine. Cover dish tightly with foil, and bake, stirring occasionally, until squash is just tender, about 30 minutes.
- Meanwhile, place flour, sugar, thyme, and table salt in a food processor; pulse to combine.
- Add butter, and process until mixture resembles coarse meal.
- Whisk together the yolks and 3 tablespoons ice water in a small bowl; add to flour mixture. Pulse until the mixture just comes together. If crumble is too dry, add remaining tablespoon ice water.

Remove the squash from oven, and remove foil. Arrange the crumble on top. Return to oven, and bake until the topping is golden brown and the squash is very tender, about 30 minutes.

Serve warm or at room temperature.

## Nutrition Facts

 **PROTEIN 8.07%**  **FAT 47.54%**  **CARBS 44.39%**

### Properties

Glycemic Index:31.51, Glycemic Load:13.56, Inflammation Score:-10, Nutrition Score:27.133043506871%

### Flavonoids

Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 456.65kcal (22.83%), Fat: 25.24g (38.83%), Saturated Fat: 12.46g (77.86%), Carbohydrates: 53.01g (17.67%), Net Carbohydrates: 46.25g (16.82%), Sugar: 7.17g (7.97%), Cholesterol: 98.06mg (32.69%), Sodium: 395.11mg (17.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.64g (19.28%), Vitamin A: 30754IU (615.08%), Vitamin C: 64.86mg (78.62%), Manganese: 0.78mg (39.17%), Vitamin K: 38.94µg (37.08%), Vitamin E: 5.48mg (36.54%), Folate: 131.69µg (32.92%), Vitamin B1: 0.48mg (32%), Potassium: 1086.47mg (31.04%), Magnesium: 108.97mg (27.24%), Fiber: 6.76g (27.06%), Vitamin B3: 5.15mg (25.73%), Vitamin B6: 0.51mg (25.63%), Iron: 3.87mg (21.51%), Selenium: 14.38µg (20.55%), Phosphorus: 166.1mg (16.61%), Calcium: 163.31mg (16.33%), Vitamin B5: 1.41mg (14.11%), Copper: 0.27mg (13.43%), Vitamin B2: 0.23mg (13.29%), Zinc: 1.1mg (7.34%), Vitamin B12: 0.25µg (4.12%), Vitamin D: 0.56µg (3.74%)