



Butternut Squash Glazed Tart

 Vegetarian

READY IN



120 min.

SERVINGS



45

CALORIES



53 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons apricot preserves melted
- ☐ 1 pound butternut squash peeled halved lengthwise sliced
- ☐ 0.1 teaspoon cinnamon
- ☐ 4 ounces cream cheese softened
- ☐ 2 tablespoons pecans toasted chopped
- ☐ 8 ounces puff pastry chilled
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons butter unsalted melted

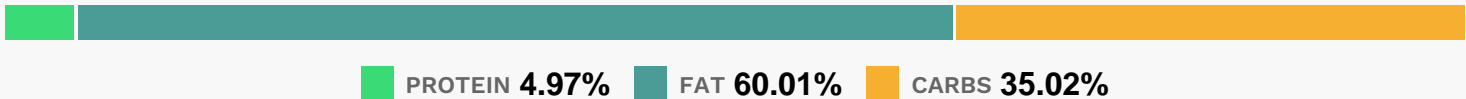
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat the oven to 37
- ☐ Line a baking sheet with parchment paper and butter the paper.
- ☐ Brush the squash with the melted butter and sprinkle with 1 1/2 tablespoons of the sugar. Roast for about 45 minutes, flipping the squash slices halfway through, or until softened.
- ☐ Let cool.
- ☐ Meanwhile, roll out the pastry to a 14-by-6-inch rectangle and transfer it to a parchment paperlined baking sheet. Prick the pastry all over with a fork and refrigerate until firm, about 5 minutes. Top with another sheet of parchment paper and a flat cookie sheet and bake for about 30 minutes, until the pastry is lightly golden on the bottom but not set.
- ☐ Remove the top cookie sheet and parchment and bake for 10 minutes longer, until the pastry is golden and crisp.
- ☐ Let cool.
- ☐ Blend the cream cheese with the cinnamon and the remaining 1/2 tablespoon of sugar and spread it on the pastry. Arrange the squash slices on top.
- ☐ Brush with the apricot preserves and sprinkle with pecans.
- ☐ Cut into slices and serve.

Nutrition Facts



Properties

Glycemic Index:3.74, Glycemic Load:1.64, Inflammation Score:-6, Nutrition Score:2.1873912673606%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg

Nutrients (% of daily need)

Calories: 52.88kcal (2.64%), Fat: 3.63g (5.58%), Saturated Fat: 1.34g (8.4%), Carbohydrates: 4.76g (1.59%), Net Carbohydrates: 4.44g (1.61%), Sugar: 1.29g (1.43%), Cholesterol: 3.88mg (1.29%), Sodium: 21.3mg (0.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.35%), Vitamin A: 1123.02IU (22.46%), Manganese: 0.07mg (3.33%), Vitamin C: 2.2mg (2.67%), Vitamin B1: 0.03mg (2.25%), Selenium: 1.53µg (2.19%), Folate: 7.01µg (1.75%), Vitamin B3: 0.34mg (1.7%), Vitamin E: 0.22mg (1.44%), Vitamin B2: 0.02mg (1.36%), Fiber: 0.33g (1.3%), Potassium: 44.57mg (1.27%), Magnesium: 5.05mg (1.26%), Iron: 0.22mg (1.22%), Phosphorus: 10.46mg (1.05%)