



 **13%**  
HEALTH SCORE

## Butternut Squash Gnocchi With Whiskey Cream Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



559 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 small butternut squash
- 0.5 cup parmesan
- 0.8 tsp cinnamon
- 1 tsp salt
- 4 servings bell pepper to taste
- 4 servings bell pepper to taste
- 2 eggs
- 3 Tb butter

- 2 Tb flour
- 2 shallots diced finely
- 4 cloves garlic minced
- 2 cups chicken stock see
- 1 cup bourbon
- 0.3 cup cup heavy whipping cream
- 4 servings salt and pepper
- 4 servings thyme sprigs fresh for garnish

## Equipment

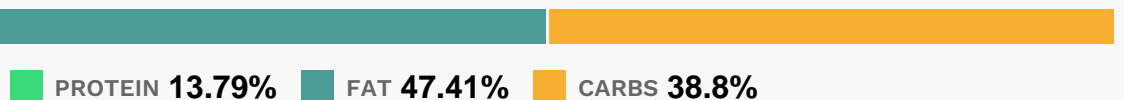
- food processor
- frying pan
- baking sheet
- baking paper
- oven
- whisk
- pot
- cutting board
- skimmer

## Directions

- Preheat the oven to 450 degrees F.
- Cut the squach in half.
- Remove the seeds and lay on a oiled, rimmed baking sheets. Roast the squash until soft 30–40 minutes.
- Scoop the flesh of the squash out and place it in the food processor. Puree until completely smooth.
- Mix the pureed squash with Parmesan cheese, nutmeg, salt, pepper and eggs. Then add the flour into the mixture and work together by hand. It will be very sticky.

- Once smooth, flour a work surface and a large piece of parchment paper. Flour your hands and grab a handful of dough.
- Roll into a long strip, about inch wide.
- Cut the strip into pieces.
- This is the tricky part~
- Place each piece in the palm of your hand (or on the cutting board) and gently roll with a fork to create ridges.
- Place each piece on the floured parchment paper and repeat with the rest of the dough.
- Bring a large pot of water to boil. Boil half the gnocchi, then remove and repeat. With each batch, boil until all the gnocchi floats about 5 minutes.
- Meanwhile, heat another large skillet over medium heat.
- Add the butter and flour, whisk until smooth.
- Then add the shallots and garlic.
- Saute for 3 minutes.
- Then add the bourbon and chicken stock.
- Whisk and raise heat. Bring the sauce to a boil. Allow the sauce to reduce down to a thin gravy-like consistency. Then lower the heat to medium-low and add the cream. Salt and pepper to taste usually about 1 tsp. of salt.
- Once the gnocchi are finished cooking, remove them with a skimmer and place them directly into the cream sauce. Stir to coat.
- Serve the gnocchi warm and garnish with fresh thyme leaves!
- Serves
- If the cream sauce thickens too much, add a little water from the gnocchi pot to thin it out!

## Nutrition Facts



## Properties

Glycemic Index:85.25, Glycemic Load:4.9, Inflammation Score:-10, Nutrition Score:30.633913043478%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

## Taste

Sweetness: 67.09%, Saltiness: 63.26%, Sourness: 19.59%, Bitterness: 15.91%, Savoriness: 42.05%, Fattiness: 100%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 558.5kcal (27.93%), Fat: 23.28g (35.81%), Saturated Fat: 13.31g (83.16%), Carbohydrates: 42.86g (14.29%), Net Carbohydrates: 35.02g (12.73%), Sugar: 14.08g (15.64%), Cholesterol: 139.25mg (46.42%), Sodium: 1268.37mg (55.15%), Alcohol: 20.04g (111.33%), Protein: 15.23g (30.47%), Vitamin A: 25423.88IU (508.48%), Vitamin C: 234.01mg (283.65%), Vitamin B6: 0.94mg (46.92%), Manganese: 0.78mg (39.09%), Vitamin E: 5.8mg (38.66%), Folate: 149.17µg (37.29%), Potassium: 1230.99mg (35.17%), Fiber: 7.84g (31.37%), Calcium: 300.03mg (30%), Vitamin B3: 5.97mg (29.86%), Phosphorus: 297.3mg (29.73%), Vitamin B2: 0.48mg (28.28%), Magnesium: 102.28mg (25.57%), Vitamin B1: 0.38mg (25.02%), Selenium: 15.86µg (22.66%), Iron: 3.34mg (18.53%), Vitamin B5: 1.75mg (17.55%), Copper: 0.29mg (14.65%), Zinc: 1.67mg (11.14%), Vitamin K: 11.58µg (11.03%), Vitamin B12: 0.4µg (6.59%), Vitamin D: 0.82µg (5.47%)