



Butternut Squash Sauce with Sage

 Gluten Free

READY IN



38 min.

SERVINGS



6

CALORIES



141 kcal

SAUCE

Ingredients

- ☐ 1 bay leaf
- ☐ 1 large butternut squash
- ☐ 6 servings honey chopped for garnish
- ☐ 1 cup chicken broth
- ☐ 6 sage leaves fresh cut in thin strips
- ☐ 1 pinch ground nutmeg
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup pecorino cheese freshly grated

- ☐ 6 servings salt and pepper
- ☐ 2 shallots minced

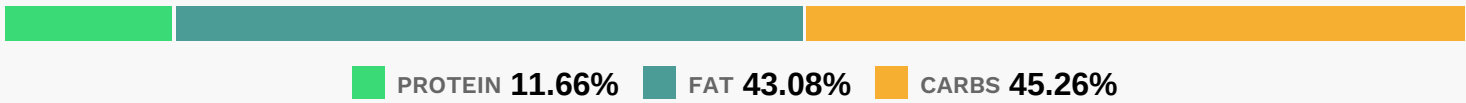
Equipment

- ☐ frying pan
- ☐ knife
- ☐ immersion blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Cut the butternut squash in half lengthwise to remove the seeds and strings. Peel the skin using a paring knife and cut the squash into small cubes.
- ☐ Place the olive oil and shallots in a deep skillet over medium heat. When the shallots begin to color, add the squash and season with salt and pepper.
- ☐ Saute a few minutes to lightly caramelize the surface of the cubes.
- ☐ Add the bay leaf, nutmeg, sage, and chicken broth. Cover the pan and cook until the squash is tender but still holding its shape, about 8 minutes.
- ☐ Puree the sauce with a standard or immersion blender and serve with potato gnocchi. Top with grated cheese and chopped chestnuts before serving. If desired, fry some sage and shallots in olive oil to garnish.

Nutrition Facts



Properties

Glycemic Index:30.17, Glycemic Load:0.69, Inflammation Score:-10, Nutrition Score:13.430434674025%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 141.05kcal (7.05%), Fat: 7.2g (11.08%), Saturated Fat: 2.15g (13.44%), Carbohydrates: 17.03g (5.68%), Net Carbohydrates: 14.22g (5.17%), Sugar: 3.68g (4.09%), Cholesterol: 9.45mg (3.15%), Sodium: 445.24mg (19.36%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.78%), Vitamin A: 13324.66IU (266.49%), Vitamin C: 27.33mg (33.13%), Vitamin E: 2.51mg (16.73%), Manganese: 0.31mg (15.53%), Calcium: 154.38mg (15.44%), Potassium: 487.82mg (13.94%), Magnesium: 48.76mg (12.19%), Copper: 0.23mg (11.74%), Vitamin B6: 0.23mg (11.62%), Fiber: 2.81g (11.23%), Phosphorus: 111.92mg (11.19%), Vitamin B1: 0.14mg (9.56%), Folate: 37.9µg (9.48%), Vitamin B3: 1.62mg (8.11%), Iron: 1.12mg (6.23%), Vitamin B5: 0.57mg (5.68%), Vitamin B2: 0.08mg (4.76%), Vitamin K: 4.43µg (4.22%), Zinc: 0.47mg (3.16%), Selenium: 2.09µg (2.99%), Vitamin B12: 0.1µg (1.69%)