



Butternut Squash Tartlets

READY IN



95 min.

SERVINGS



30

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 medium butternut squash peeled seeded cut into 1/2-inch pieces (3 cups)
- 2 tablespoons olive oil
- 1 teaspoon pepper freshly ground
- 0.3 teaspoon salt
- 1 clove garlic
- 2 tablespoons whipping cream
- 1 teaspoon sage fresh chopped
- 3.8 oz athens phyllo shells frozen mini thawed
- 2 oz asiago cheese finely grated

- 1 leaves sage fresh
- 1 serving pepper

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- wire rack
- aluminum foil

Directions

- Heat oven to 425°F.
- Place butternut squash in ungreased 17x12-inch half-sheet pan.
- Drizzle with olive oil; toss gently to coat.
- Sprinkle with pepper and salt. Roast 30 to 40 minutes or until browned and tender, stirring after 20 minutes. Cool in pan on cooling rack, about 30 minutes. Reduce oven temperature to 400°F.
- In food processor, place garlic. Cover; process, with on-and-off pulses, until chopped.
- Add butternut squash, whipping cream and chopped sage. Cover; process 1 to 2 minutes or until smooth, scraping bowl occasionally.
- Line cookie sheet or half-sheet pan with foil. Spoon about 1 rounded teaspoonful butternut squash mixture into each filo shell.
- Place on cookie sheet.
- Sprinkle with cheese.
- Bake 7 to 9 minutes or until edges are golden brown. Immediately remove to cooling rack.
- Garnish with sage leaves and pepper.
- Serve warm.

Nutrition Facts

PROTEIN 12.49% FAT 44.21% CARBS 43.3%

Properties

Glycemic Index:4.03, Glycemic Load:0.03, Inflammation Score:-9, Nutrition Score:4.5439130592605%

Nutrients (% of daily need)

Calories: 43.19kcal (2.16%), Fat: 2.31g (3.56%), Saturated Fat: 0.68g (4.23%), Carbohydrates: 5.1g (1.7%), Net Carbohydrates: 4.57g (1.66%), Sugar: 0.6g (0.66%), Cholesterol: 2.42mg (0.81%), Sodium: 58.45mg (2.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.94%), Vitamin A: 2687.35IU (53.75%), Copper: 0.23mg (11.31%), Vitamin C: 5.29mg (6.41%), Calcium: 36mg (3.6%), Manganese: 0.07mg (3.42%), Vitamin E: 0.51mg (3.39%), Potassium: 92.32mg (2.64%), Magnesium: 9.66mg (2.42%), Phosphorus: 22.24mg (2.22%), Fiber: 0.52g (2.1%), Vitamin B6: 0.04mg (2.1%), Vitamin B1: 0.03mg (1.76%), Folate: 6.94µg (1.73%), Vitamin B3: 0.31mg (1.54%), Iron: 0.21mg (1.18%), Vitamin B5: 0.11mg (1.13%)