



## Butternut Squash with Tangerine and Sage Glaze



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



160 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.3 cup butter ()
- ☐ 8 pounds butternut squash with long necks
- ☐ 30 sage leaves fresh
- ☐ 2 tablespoons tangerine peel grated
- ☐ 1 cup tangerine juice fresh divided
- ☐ 0.5 cup whipping cream

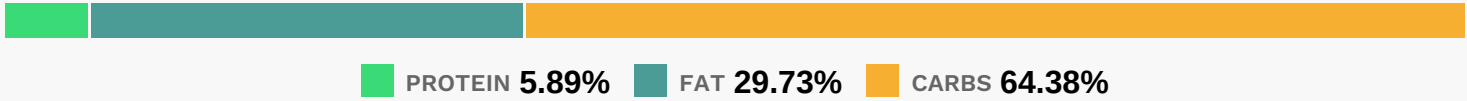
### Equipment

☐ oven

Directions

- ☐ Preheat oven to 375°F.
- ☐ Cut neck off each squash. Peel necks and cut crosswise into generous 1/3-inch-thick slices. Overlap slices in 2 large baking dishes.
- ☐ Sprinkle with salt and pepper. Spoon 6 tablespoons tangerine juice over squash. Spoon cream over squash; dot with butter.
- ☐ Bake squash until beginning to brown, about 30 minutes.
- ☐ Mix tangerine peel into remaining 10 tablespoons juice; drizzle over squash.
- ☐ Place 1 sage leaf atop each squash round.
- ☐ Bake until squash are very tender and tops are browned in spots, about 30 minutes longer (do not turn squash over at any point). (Can be prepared 4 hours ahead.
- ☐ Let stand at room temperature. Before serving, heat in 375°F oven until warm, about 15 minutes.)

Nutrition Facts



Properties

Glycemic Index:5.13, Glycemic Load:0.02, Inflammation Score:-10, Nutrition Score:17.650000121282%

Flavonoids

Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 159.75kcal (7.99%), Fat: 5.82g (8.96%), Saturated Fat: 3.59g (22.42%), Carbohydrates: 28.38g (9.46%), Net Carbohydrates: 23.78g (8.65%), Sugar: 6.75g (7.5%), Cholesterol: 16.03mg (5.34%), Sodium: 34.06mg (1.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.19%), Vitamin A: 24345.83IU (486.92%), Vitamin C: 52.43mg (63.55%), Potassium: 834.81mg (23.85%), Manganese: 0.47mg (23.58%), Vitamin E: 3.44mg (22.92%), Copper: 0.4mg (19.95%), Magnesium: 79.11mg (19.78%), Fiber: 4.59g (18.37%), Vitamin B6: 0.36mg (17.94%), Vitamin B1: 0.24mg (15.85%), Folate: 62.47µg (15.62%), Vitamin B3: 2.74mg (13.72%), Calcium: 118.15mg (11.81%), Vitamin B5:

0.95mg (9.51%), Iron: 1.64mg (9.11%), Phosphorus: 82.33mg (8.23%), Vitamin B2: 0.06mg (3.76%), Vitamin K: 2.99µg (2.84%), Zinc: 0.37mg (2.45%), Selenium: 1.41µg (2.02%)