



## Candied Winter Squash Parfaits with Chocolate

READY IN



45 min.

SERVINGS



10

CALORIES



444 kcal

DESSERT

### Ingredients

- ☐ 2.3 pound butternut squash peeled cut into 1/2-inch dice
- ☐ 9 ounce chocolate wafers crushed finely
- ☐ 3 tablespoons cornstarch
- ☐ 6 large egg yolks
- ☐ 1 teaspoon ginger fresh finely grated
- ☐ 1.5 cups heavy cream
- ☐ 3 cups milk
- ☐ 0.8 cup sugar

- ☐ 2 tablespoons butter unsalted
- ☐ 2 teaspoons vanilla extract pure

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ hand mixer

## Directions

- ☐ In a large saucepan, steam the squash until barely tender, about 7 minutes.
- ☐ Let cool slightly and pat dry. In a large nonstick skillet, melt the butter with 1/4 cup of the sugar.
- ☐ Add the squash and cook over moderately high heat, stirring occasionally, until golden, about 12 minutes.
- ☐ Add the ginger and cook, stirring, for 1 minute.
- ☐ Transfer two-thirds of the candied squash to a food processor and puree until smooth.
- ☐ In a medium saucepan, whisk the egg yolks with the remaining 1/2 cup plus 2 tablespoons sugar and cook over low heat, stirring constantly, until warmed through, about 1 minute. Stir the cornstarch into the milk, then whisk the mixture into the saucepan and bring to a boil over moderate heat, whisking constantly. Cook until thickened, about 7 minutes; the custard should have the consistency of thin sour cream.
- ☐ Whisk in the squash puree and vanilla. Strain through a fine-mesh sieve and let cool.
- ☐ In a medium bowl, using an electric mixer, beat the cream until almost firm. Fold the cream into the cooled custard.
- ☐ Spoon 1 1/2 tablespoons of the cookie crumbs into each of ten 6-ounce glasses. Top with 1/3 cup of the custard and gently tap each glass to form even layers. Repeat with another 1 1/2

tablespoons of the cookie crumbs and a large dollop of custard. Cover the glasses with plastic wrap and refrigerate until the crumbs soften, at least 5 hours. Reserve the cookie crumb and candied squash garnishes at room temperature.

- ☐
- Sprinkle the candied squash on top of each parfait.
- ☐
- Garnish with the remaining cookie crumbs and serve.
- ☐
- Make Ahead: The parfaits and candied squash can be refrigerated separately for up to 3 days.

## Nutrition Facts



### Properties

Glycemic Index:17.26, Glycemic Load:20.53, Inflammation Score:-10, Nutrition Score:17.280869597974%

### Nutrients (% of daily need)

Calories: 443.98kcal (22.2%), Fat: 23.98g (36.89%), Saturated Fat: 13.09g (81.81%), Carbohydrates: 52.55g (17.52%), Net Carbohydrates: 49.61g (18.04%), Sugar: 31.48g (34.98%), Cholesterol: 165.82mg (55.27%), Sodium: 195.19mg (8.49%), Alcohol: 0.28g (100%), Alcohol %: 0.13% (100%), Protein: 7.78g (15.55%), Vitamin A: 11712.29IU (234.25%), Vitamin C: 21.66mg (26.25%), Phosphorus: 202.88mg (20.29%), Manganese: 0.4mg (19.85%), Vitamin B2: 0.31mg (18.52%), Calcium: 184.64mg (18.46%), Potassium: 570.72mg (16.31%), Vitamin E: 2.35mg (15.65%), Magnesium: 60.33mg (15.08%), Selenium: 10.32µg (14.75%), Vitamin B1: 0.22mg (14.68%), Folate: 55.97µg (13.99%), Vitamin B6: 0.26mg (13.18%), Vitamin D: 1.97µg (13.13%), Vitamin B5: 1.18mg (11.78%), Fiber: 2.93g (11.74%), Iron: 2.07mg (11.52%), Vitamin B12: 0.68µg (11.32%), Copper: 0.21mg (10.39%), Vitamin B3: 2.06mg (10.31%), Zinc: 1.06mg (7.06%), Vitamin K: 3.36µg (3.2%)