



Delicata Squash with Rosemary, Sage, and Cider Glaze

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



131 kcal

SIDE DISH

Ingredients

- 1.5 cups unfiltered apple cider fresh
- 6 servings pepper black freshly ground
- 2 pounds delicata squash firm
- 1 tablespoon rosemary fresh coarsely chopped
- 0.3 cup very sage fresh coarsely chopped
- 1 teaspoon salt
- 2 teaspoons sherry vinegar

- 3 tablespoons butter unsalted
- 1 cup water

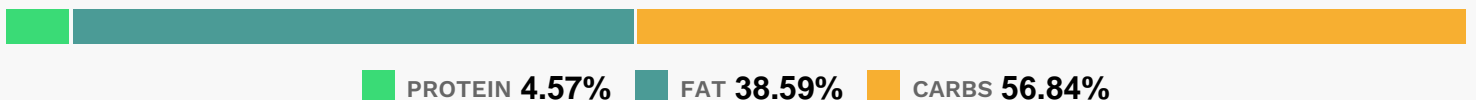
Equipment

- frying pan
- peeler
- chefs knife

Directions

- Squash. If using delicata squash, peel it with a vegetable peeler, cut it lengthwise in half, and scrape out the seeds with a spoon.
- Cut each piece lengthwise in half again, then crosswise into 1/2-inch -thick slices. Other types of squash should be peeled with a chef's knife, seeded, cut into 1-inch wedges, then sliced 1/2-inch thick.
- Herb Butter. Melt the butter in a large (12-inch) skillet over low heat.
- Add the sage and rosemary and cook, stirring, until the butter just begins to turn golden brown, 3 to 5 minutes. Do not brown the herbs. Cooking the herbs in butter mellows their flavor and improves their texture.
- Cooking the squash.
- Add the squash to the skillet, then the apple cider, water, vinegar, and salt. Cook, stirring occasionally, over medium heat at an even boil until the cider has boiled down to a glaze and the squash is tender, 20 to 30 minutes. Taste and season with pepper, and additional salt if needed.
- The Herbfarm Cookbook by Jerry Traunfeld. Copyright ©2000 by Jerry Traunfeld. Reprinted by permission of Scribner, a division of Simon & Schuster, Inc.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:2.68, Inflammation Score:-9, Nutrition Score:11.82000015676%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 130.53kcal (6.53%), Fat: 6g (9.23%), Saturated Fat: 3.68g (22.97%), Carbohydrates: 19.89g (6.63%), Net Carbohydrates: 17.39g (6.32%), Sugar: 9.01g (10.01%), Cholesterol: 15.05mg (5.02%), Sodium: 399mg (17.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.2%), Copper: 1.76mg (88.23%), Vitamin A: 2252.68IU (45.05%), Vitamin C: 19.21mg (23.28%), Manganese: 0.36mg (18.1%), Potassium: 597.05mg (17.06%), Vitamin B6: 0.25mg (12.41%), Fiber: 2.5g (9.99%), Folate: 36.88µg (9.22%), Magnesium: 26.12mg (6.53%), Vitamin B2: 0.11mg (6.32%), Iron: 1.05mg (5.85%), Calcium: 55.3mg (5.53%), Phosphorus: 41.3mg (4.13%), Vitamin B3: 0.81mg (4.03%), Vitamin B1: 0.06mg (4%), Vitamin B5: 0.32mg (3.25%), Zinc: 0.36mg (2.37%), Vitamin E: 0.35mg (2.34%), Vitamin K: 2.32µg (2.21%), Selenium: 0.74µg (1.06%)