



Double Stuffed Butternut Squash

 Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



837 kcal

SIDE DISH

Ingredients

- 4 tablespoons butter
- 2 butternut squash
- 0.3 cup chicken stock see
- 4 servings evoo for drizzling
- 1 cup ricotta cheese fresh (cow or sheep's milk)
- 4 servings nutmeg freshly grated
- 1.5 cups parmigiano-reggiano shredded
- 10 sage leaves fresh whole

- 4 servings salt and pepper black freshly ground
- 1.5 cups sharp cheddar shredded yellow

Equipment

- bowl
- frying pan
- paper towels
- oven

Directions

- Preheat the oven to 425 degrees F.
- Halve the squash lengthwise, scoop out the seeds and drizzle with EVOO.
- Sprinkle with salt, pepper and fresh nutmeg and roast until just tender, 30 to 35 minutes.
- Remove from the oven and let cool slightly.
- While the squash is in the oven, place a small skillet over medium-high heat and melt the butter.
- Add the sage leaves to the skillet, gently stirring them around for a few minutes, until they are crispy and a deep green color.
- Remove the skillet from the heat, set the crispy leaves aside on a paper towel and reserve the brown butter.
- Carefully scoop the flesh of the squash into a bowl keeping the skins intact. Mash with the chicken stock, 1 cup of the Cheddar, 1 cup of the Parm, all of the ricotta, the reserved brown butter, and then adjust seasonings. Stuff the squash shells with the mashed squash mixture, top with a sprinkle of the remaining Cheddar and Parm and bake until the cheese is melted and golden brown on top.
- Remove from the oven and garnish with the fried sage leaves, lightly crushing them in your hand as you sprinkle over the top.
- You may serve a whole half as a meal, or cut each half in halves or thirds and serve as a side.

Nutrition Facts



■ PROTEIN 16% ■ FAT 61.1% ■ CARBS 22.9%

Properties

Glycemic Index:58.25, Glycemic Load:1.53, Inflammation Score:-10, Nutrition Score:39.453913004502%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 836.96kcal (41.85%), Fat: 58.78g (90.44%), Saturated Fat: 29.21g (182.57%), Carbohydrates: 49.57g (16.52%), Net Carbohydrates: 41.62g (15.13%), Sugar: 9.67g (10.75%), Cholesterol: 130.04mg (43.35%), Sodium: 1057.06mg (45.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.64g (69.28%), Vitamin A: 41208.77IU (824.18%), Calcium: 1060.67mg (106.07%), Vitamin C: 78.84mg (95.56%), Phosphorus: 687.9mg (68.79%), Vitamin E: 8.21mg (54.77%), Selenium: 31.8µg (45.43%), Manganese: 0.85mg (42.69%), Potassium: 1480.24mg (42.29%), Magnesium: 167.14mg (41.79%), Vitamin B6: 0.68mg (34.03%), Copper: 0.65mg (32.32%), Fiber: 7.95g (31.79%), Vitamin B2: 0.53mg (30.95%), Folate: 122.92µg (30.73%), Vitamin B1: 0.42mg (28.22%), Zinc: 3.95mg (26.32%), Vitamin B3: 4.96mg (24.79%), Vitamin B5: 1.99mg (19.94%), Iron: 3.43mg (19.06%), Vitamin B12: 1.13µg (18.9%), Vitamin K: 16.06µg (15.3%), Vitamin D: 0.57µg (3.77%)