



## Kabocha Purée with Ginger



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



158 kcal

SIDE DISH

### Ingredients

- ☐ 1 ginger peeled thinly sliced
- ☐ 1.5 cups cup heavy whipping cream ()
- ☐ 2 pound kabocha squash halved seeded
- ☐ 10 servings pepper black freshly ground
- ☐ 1 tablespoon brown sugar light packed ()

### Equipment

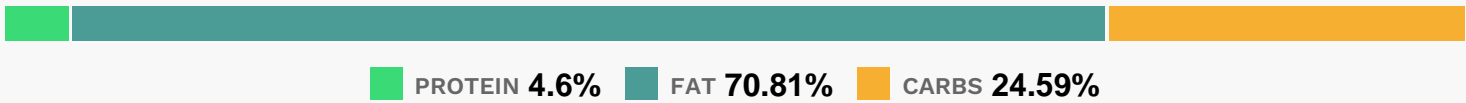
- ☐ food processor
- ☐ bowl

- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 375°F. Line a rimmed bakingsheet with parchment or foil. Season inside of squash with salt and pepper.
- ☐ Place squash, cut side down, on prepared sheet. Roast until tender, 1-1 1/4 hours.
- ☐ Let cool slightly.
- ☐ Line a strainer with a double layer of cheesecloth; set over a small bowl. Pulse ginger in a food processor until finely chopped.
- ☐ Transfer to prepared strainer. Gather edges of cloth together; squeeze tightly to release ginger juice into bowl.
- ☐ Scoop squash flesh into a food processor.
- ☐ Add sugar and 1 tablespoon ginger juice. With machine running, gradually add 1 1/2 cups cream and purée until smooth, adding more cream by tablespoonfuls if too thick. Season with salt, pepper, and more ginger juice, if desired. Gently warm in a saucepan, stirring constantly, until heated through. DO AHEAD: Can be made 1 day ahead. Gently rewarm purée in a saucepan, adding a little more cream if necessary.

## Nutrition Facts



## Properties

Glycemic Index:4.7, Glycemic Load:0.03, Inflammation Score:-8, Nutrition Score:5.8817392043445%

## Nutrients (% of daily need)

Calories: 157.6kcal (7.88%), Fat: 13.01g (20.02%), Saturated Fat: 8.24g (51.49%), Carbohydrates: 10.17g (3.39%), Net Carbohydrates: 8.77g (3.19%), Sugar: 4.21g (4.68%), Cholesterol: 40.34mg (13.45%), Sodium: 13.71mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.8%), Vitamin A: 1765.46IU (35.31%), Vitamin C: 11.41mg (13.83%), Potassium: 357.26mg (10.21%), Manganese: 0.16mg (8.17%), Vitamin B6: 0.16mg (7.8%), Vitamin B2: 0.12mg (7.28%), Folate: 23.31µg (5.83%), Fiber: 1.4g (5.6%), Calcium: 50.51mg (5.05%), Phosphorus: 42.02mg (4.2%),

Magnesium: 15.78mg (3.94%), Vitamin D: 0.57µg (3.81%), Copper: 0.07mg (3.59%), Iron: 0.58mg (3.25%), Vitamin E: 0.44mg (2.93%), Vitamin B5: 0.27mg (2.66%), Vitamin B3: 0.48mg (2.42%), Vitamin B1: 0.03mg (2.31%), Vitamin K: 2.3µg (2.19%), Selenium: 1.46µg (2.08%), Zinc: 0.28mg (1.87%)