



Pickled Fried Butternut Squash



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



113 kcal

SIDE DISH

Ingredients

- ☐ 2.5 lbs butternut squash
- ☐ 1 cup apple cider vinegar filtered
- ☐ 20 sage fresh
- ☐ 10 garlic clove peeled
- ☐ 2 tablespoons kosher salt
- ☐ 10 servings olive oil for frying
- ☐ 6 tablespoons sugar

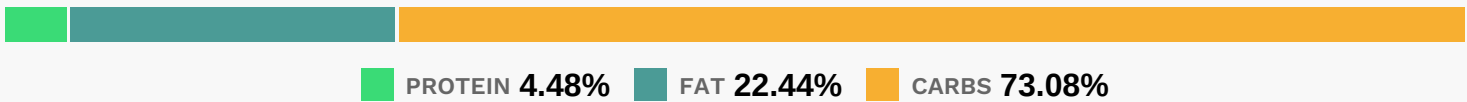
Equipment

- ☐ paper towels
- ☐ sauce pan
- ☐ pot
- ☐ loaf pan
- ☐ kitchen thermometer
- ☐ peeler

Directions

- ☐ Put vinegar, salt, sugar, and 3 cups water in a saucepan and heat over medium-low heat until salt and sugar dissolve.
- ☐ Let cool.
- ☐ Peel squash with a vegetable peeler.
- ☐ Cut in quarters crosswise and scrape out seeds.
- ☐ Cut quarters in half, then into 1/4-in.-wide slices.
- ☐ Cut in half again.
- ☐ Pour enough oil into a large deep pot to come at least 3/4 in. up sides; heat to 325 on a deep-fry thermometer. Fry squash in batches, turning often, until tender and golden brown, 3 to 5 minutes.
- ☐ Drain on paper towels. Fry sage until crisp, about 45 seconds; drain. Fry garlic until golden, 1 to 2 minutes; drain. Save oil for another use.
- ☐ Layer squash into a terrine or glass loaf pan (at least 1 1/2-qt. size). Top with garlic and sage and pour in enough cooled brine to cover by 1/2 in. Chill at least 1 hour.
- ☐ Make ahead: Up to 1 day, chilled.

Nutrition Facts



Properties

Glycemic Index:14.01, Glycemic Load:5.39, Inflammation Score:-10, Nutrition Score:11.787391387898%

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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 113.11kcal (5.66%), Fat: 2.96g (4.55%), Saturated Fat: 0.42g (2.59%), Carbohydrates: 21.66g (7.22%), Net Carbohydrates: 19.32g (7.03%), Sugar: 9.81g (10.9%), Cholesterol: 0mg (0%), Sodium: 1401.66mg (60.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.66%), Vitamin A: 12054.49IU (241.09%), Vitamin C: 24.75mg (30%), Manganese: 0.35mg (17.53%), Copper: 0.34mg (17.01%), Vitamin E: 2.04mg (13.59%), Potassium: 429.44mg (12.27%), Vitamin B6: 0.21mg (10.59%), Magnesium: 40.67mg (10.17%), Fiber: 2.34g (9.35%), Vitamin B1: 0.12mg (7.98%), Folate: 30.71µg (7.68%), Vitamin B3: 1.38mg (6.91%), Calcium: 63.03mg (6.3%), Iron: 0.93mg (5.18%), Vitamin B5: 0.47mg (4.71%), Phosphorus: 43.95mg (4.4%), Vitamin K: 2.98µg (2.84%), Vitamin B2: 0.03mg (1.61%), Selenium: 1.06µg (1.52%), Zinc: 0.22mg (1.47%)