



Pumpkin Cannelloni with Clams and Sage Brown Butter

READY IN



45 min.

SERVINGS



4

CALORIES



314 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bacon
- ☐ 0.3 teaspoon pepper black
- ☐ 2 pounds clams scrubbed well (less than 2 inches wide)
- ☐ 0.5 cup wine dry white
- ☐ 0.8 cup fennel bulb diced () (sometimes called anise)
- ☐ 0.3 teaspoon fennel seeds
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 tablespoon sage fresh chopped

- ☐ 8 sage fresh
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 16 inch soup noodles fresh
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons shallots minced
- ☐ 1 pound pumpkin sweet peeled seeded cut into 1-inch cubes (3 cups)
- ☐ 0.3 cup butter unsalted
- ☐ 0.3 cup water

Equipment

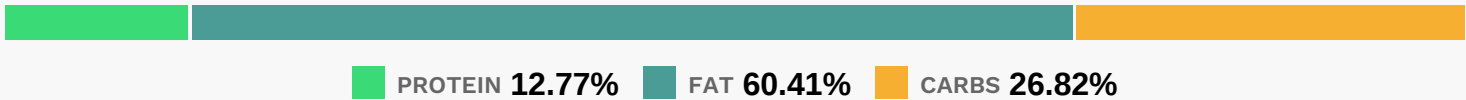
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Heat butter in a 12-inch heavy skillet over moderately high heat until foam subsides, then sauté squash and fennel with salt and pepper, stirring occasionally, until golden, about 4 minutes.
- ☐ Add shallot and water and simmer, covered, until vegetables are tender, about 10 minutes. Cool vegetables, then purée in a food processor until smooth and season with salt and pepper.
- ☐ Preheat oven to 400°F.

- ☐ Cook pasta sheets in a 4- to 6-quart pot of boiling salted water until al dente, 1 to 2 minutes, then immediately transfer with a slotted spoon to a bowl of ice and cold water to cool.
- ☐ Drain well, then pat sheets dry on paper towels and arrange in 1 layer in a well-oiled large shallow baking pan. Spoon 1/4 cup filling along 1 short end of a rectangle, then roll up filling in pasta. Make 3 more rolls in same manner and arrange, seam sides down, in baking pan.
- ☐ Drizzle cannelloni with oil.
- ☐ Cook bacon in a 12-inch heavy skillet over moderate heat, stirring, until fat is rendered but bacon is not yet crisp, about 5 minutes.
- ☐ Add shallot and cook, stirring, until softened, about 4 minutes.
- ☐ Add garlic and cook, stirring, until fragrant, about 1 minute.
- ☐ Add clams, wine, fennel seeds, and sage and cook, covered, until clams are fully open, 6 to 10 minutes, checking every minute after 6 minutes and removing clams as they fully open. (Discard any clams that have not opened after 10 minutes.)
- ☐ While clams are cooking, bake cannelloni in middle of oven until heated through, 6 to 8 minutes.
- ☐ Heat butter in a 1 1/2-quart heavy saucepan over moderately high heat until foam subsides, then fry sage leaves until crisp, about 3 minutes.
- ☐ Transfer leaves with slotted spoon to paper towels to drain. Season with salt.
- ☐ Add shallot to butter and cook, stirring, until shallot is golden and butter is deep golden, 1 to 2 minutes.
- ☐ Add lemon juice (butter will foam), then remove from heat. Stir in parsley and season brown butter with salt and pepper.
- ☐ To serve, put a cannelloni in center of each of 4 warm large plates. Divide clams with juices among plates and drizzle with brown butter. Top with fried sage leaves.

Nutrition Facts



Properties

Glycemic Index:81.25, Glycemic Load:9.03, Inflammation Score:-10, Nutrition Score:24.489565331003%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 1.89mg, Luteolin: 1.89mg, Luteolin: 1.89mg, Luteolin: 1.89mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 314.01kcal (15.7%), Fat: 20.14g (30.99%), Saturated Fat: 9.45g (59.08%), Carbohydrates: 20.12g (6.71%), Net Carbohydrates: 18.22g (6.63%), Sugar: 4.8g (5.34%), Cholesterol: 47.97mg (15.99%), Sodium: 399.7mg (17.38%), Alcohol: 3.09g (100%), Alcohol %: 1.49% (100%), Protein: 9.58g (19.16%), Copper: 5.02mg (251.06%), Vitamin A: 10453.21IU (209.06%), Vitamin K: 76.55µg (72.9%), Vitamin B12: 3.92µg (65.39%), Selenium: 19.85µg (28.35%), Manganese: 0.55mg (27.37%), Vitamin C: 18.29mg (22.18%), Phosphorus: 177.07mg (17.71%), Potassium: 590.26mg (16.86%), Vitamin E: 2.45mg (16.36%), Iron: 2.38mg (13.22%), Vitamin B2: 0.18mg (10.36%), Magnesium: 39.56mg (9.89%), Folate: 34.5µg (8.62%), Vitamin B6: 0.17mg (8.54%), Vitamin B3: 1.63mg (8.16%), Vitamin B1: 0.12mg (7.9%), Fiber: 1.9g (7.58%), Calcium: 75.39mg (7.54%), Zinc: 1mg (6.65%), Vitamin B5: 0.6mg (5.97%), Vitamin D: 0.26µg (1.71%)