



Squash-Stuffed Cannelloni with Roasted-Shallot Sauce and Hazelnuts

READY IN



45 min.

SERVINGS



8

CALORIES



449 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 slices bacon smoked chopped
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter melted
- ☐ 10 cup butternut squash cubed () (4 pounds)
- ☐ 16 lasagna noodles cooked
- ☐ 0.5 cup wine dry white
- ☐ 14 ounce fat-skimmed beef broth fat-free canned
- ☐ 3 ounces fontina shredded

- ☐ 2 tablespoons sage fresh chopped
- ☐ 2 garlic clove crushed
- ☐ 0.3 cup half and half
- ☐ 2 tablespoons half and half
- ☐ 0.3 cup hazelnuts toasted chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup shallots chopped
- ☐ 0.5 pound shallots peeled halved
- ☐ 0.5 cup cream fat-free sour

Equipment

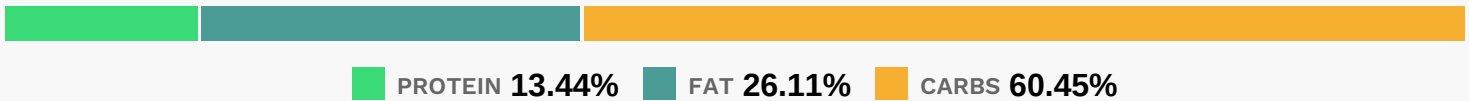
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ potato masher
- ☐ stove
- ☐ dutch oven

Directions

- ☐ Preheat oven to 40
- ☐ To prepare filling, combine first 3 ingredients on a jelly roll pan coated with cooking spray.
- ☐ Drizzle with butter; toss to coat.
- ☐ Bake at 400 for 25 minutes or until lightly browned, stirring occasionally.
- ☐ Place squash mixture in a large bowl; mash with a potato masher. Stir in sour cream, 1/4 cup half-and-half, 1/4 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ To prepare sauce, cook bacon in a Dutch oven over medium-high heat until crisp.
- ☐ Remove bacon from pan, reserving 2 teaspoons drippings in pan; set bacon aside.
- ☐ Add 1/2 pound shallots and garlic to drippings in pan; saut 5 minutes or until browned.

- ☐ Bake at 400 for 25 minutes, stirring occasionally.
- ☐ Place pan on stovetop over medium-high heat.
- ☐ Add wine, scraping pan to loosen browned bits.
- ☐ Add broth; bring to a boil. Reduce heat; simmer 5 minutes.
- ☐ Remove from heat; stir in 2 tablespoons half-and-half, 1/4 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Spread 1/4 cup filling over each noodle, leaving a 1/2-inch border on each short end. Beginning with a short end, roll up noodles jelly-roll fashion.
- ☐ Place rolls, seam sides down, in a 13 x 9-inch baking pan coated with cooking spray.
- ☐ Pour sauce over noodles; sprinkle evenly with cheese.
- ☐ Bake at 400 for 25 minutes or until cheese is golden.
- ☐ Sprinkle with bacon and hazelnuts.

Nutrition Facts



Properties

Glycemic Index:34.69, Glycemic Load:18.59, Inflammation Score:-10, Nutrition Score:28.790869448496%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 449.14kcal (22.46%), Fat: 13.07g (20.11%), Saturated Fat: 5.3g (33.11%), Carbohydrates: 68.12g (22.71%), Net Carbohydrates: 60.82g (22.12%), Sugar: 8.41g (9.35%), Cholesterol: 26.79mg (8.93%), Sodium: 467.12mg (20.31%), Alcohol: 1.54g (100%), Alcohol %: 0.44% (100%), Protein: 15.14g (30.28%), Vitamin A: 18825.64IU (376.51%), Copper: 4.91mg (245.57%), Manganese: 1.27mg (63.57%), Selenium: 38.63µg (55.19%), Vitamin C: 40.18mg (48.7%), Fiber: 7.31g (29.23%), Vitamin B6: 0.54mg (26.8%), Magnesium: 104.64mg (26.16%), Potassium: 906.5mg (25.9%),

Phosphorus: 243.12mg (24.31%), Vitamin E: 3.3mg (22.02%), Calcium: 214.12mg (21.41%), Iron: 3.73mg (20.71%),
Vitamin B1: 0.29mg (19.27%), Folate: 75.33µg (18.83%), Vitamin B3: 3.39mg (16.94%), Zinc: 1.76mg (11.75%), Vitamin
B5: 1.17mg (11.7%), Vitamin B2: 0.16mg (9.31%), Vitamin B12: 0.39µg (6.44%), Vitamin K: 3.46µg (3.3%)