



Sweet and Sour Pumpkin: Zucca Gialla in Agrodolce



Vegetarian



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



132 kcal

SIDE DISH

Ingredients

- ☐ 1 pound acorn squash
- ☐ 1 handful basil fresh chopped
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 2 cloves garlic finely sliced
- ☐ 3 tablespoons honey
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 3 tablespoons red wine vinegar

☐ 4 servings salt and pepper black freshly ground

Equipment

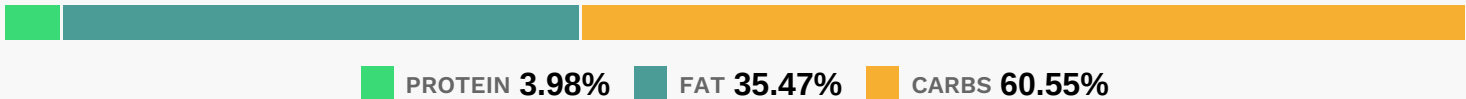
☐ frying pan

☐ sauce pan

Directions

- ☐ Leave the rinds on and remove seeds from the pumpkin.
- ☐ Cut the flesh lengthwise into wedges, each about the length of your hand from fingertip to wrist. In a medium saucepan, heat the olive oil over medium heat.
- ☐ Add the pumpkin wedges. Cook until soft and deep golden brown, 7 to 8 minutes. Turn the wedges over and add garlic.
- ☐ Drizzle first the honey and then the vinegar over the pumpkin pieces, and season with salt and pepper, to taste. Cook until the liquids reduce to a glaze, turning the pumpkin pieces, if necessary.
- ☐ Add basil and mint at the last second.
- ☐ Transfer pumpkin wedges to a platter and drizzle pan juices on top.
- ☐ Serve room temperature or hot.

Nutrition Facts



Properties

Glycemic Index:64.07, Glycemic Load:11.82, Inflammation Score:-10, Nutrition Score:9.7239130165266%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 2.2mg, Luteolin: 2.2mg, Luteolin: 2.2mg, Luteolin: 2.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 131.59kcal (6.58%), Fat: 5.55g (8.54%), Saturated Fat: 0.81g (5.08%), Carbohydrates: 21.33g (7.11%), Net Carbohydrates: 20.46g (7.44%), Sugar: 16.08g (17.86%), Cholesterol: 0mg (0%), Sodium: 3.84mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.8%), Vitamin A: 9786.84IU (195.74%), Vitamin C: 11.69mg (14.17%), Vitamin E: 1.99mg (13.24%), Potassium: 421.23mg (12.04%), Manganese: 0.23mg (11.62%), Copper: 0.17mg (8.34%), Vitamin B2: 0.14mg (8.21%), Iron: 1.23mg (6.85%), Vitamin K: 6.76µg (6.44%), Phosphorus: 55.98mg (5.6%), Folate: 21.71µg (5.43%), Vitamin B6: 0.1mg (4.79%), Magnesium: 17.24mg (4.31%), Vitamin B1: 0.06mg (4.14%), Vitamin B3: 0.76mg (3.79%), Vitamin B5: 0.37mg (3.68%), Calcium: 35.61mg (3.56%), Fiber: 0.86g (3.45%), Zinc: 0.45mg (3.01%)