



Sweet and Sour Squash: Zucca in Saor



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



62 min.

SERVINGS



6

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1 pound butternut squash seeded cut into 1/ slices
- ☐ 1 pinch cinnamon
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 2 tablespoons pinenuts
- ☐ 0.3 cup raisins

- ☐ 2 onions red finely chopped
- ☐ 0.5 cup red wine vinegar
- ☐ 6 servings salt and pepper

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Put the squash in a large bowl, sprinkle with salt and set aside so that the excess water will be exuded.
- ☐ Drain and pat dry.
- ☐ Meanwhile, soak the raisins in 1 cup boiling water for 15 minutes to re-hydrate them, then drain and set aside.
- ☐ In a large skillet, heat 1/2-cup oil over high heat until almost smoking. Working in batches to avoid overcrowding the pan, cook the squash in the oil until it is browned around the edges, about 5 minutes, turning once to cook evenly.
- ☐ Remove the cooked slices to a plate lined with paper towels to drain the excess oil. Cook all the squash in this manner. Once all vegetables are drained, place in a shallow casserole and set aside.
- ☐ In a 12 to 14-inch saute pan, heat the remaining olive oil over high heat until hot but not smoking.
- ☐ Add the onion and cook until soft and stewed, adding in small amounts of hot water so that the onion stews. After 20 minutes, add the raisins, pine nuts, cloves, cinnamon, and lemon zest. Season with salt and pepper, to taste. Cook for 2 minutes while stirring ingredients together.
- ☐ Add the vinegars and wine and bring to a medium boil. Cook for 5 minutes, then remove from heat and immediately pour over the squash.
- ☐ Let cool, then refrigerate for 2 days before eating.
- ☐ Serve at room temperature.

Nutrition Facts



PROTEIN 5.24% **FAT 38.4%** **CARBS 56.36%**

Properties

Glycemic Index:25.97, Glycemic Load:4.29, Inflammation Score:-10, Nutrition Score:11.699565262898%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg

Nutrients (% of daily need)

Calories: 150.6kcal (7.53%), Fat: 6.03g (9.27%), Saturated Fat: 0.7g (4.39%), Carbohydrates: 19.9g (6.63%), Net Carbohydrates: 17.18g (6.25%), Sugar: 5.13g (5.7%), Cholesterol: 0mg (0%), Sodium: 205.17mg (8.92%), Alcohol: 2.06g (100%), Alcohol %: 1.37% (100%), Protein: 1.85g (3.7%), Vitamin A: 8038.11IU (160.76%), Manganese: 0.56mg (28.12%), Vitamin C: 19.47mg (23.6%), Vitamin E: 1.93mg (12.85%), Potassium: 424.01mg (12.11%), Magnesium: 43.7mg (10.92%), Fiber: 2.72g (10.89%), Vitamin B6: 0.19mg (9.28%), Vitamin B1: 0.11mg (7.5%), Folate: 28.94µg (7.23%), Copper: 0.14mg (6.86%), Phosphorus: 66.55mg (6.66%), Iron: 1.19mg (6.64%), Vitamin B3: 1.19mg (5.93%), Calcium: 53.75mg (5.37%), Vitamin K: 5.03µg (4.79%), Vitamin B5: 0.37mg (3.71%), Zinc: 0.44mg (2.95%), Vitamin B2: 0.05mg (2.76%)