



Apple-Scented Winter Squash



Vegetarian



Gluten Free

READY IN



33 min.

SERVINGS



4

CALORIES



130 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups apple juice
- ☐ 1 tablespoon butter
- ☐ 1.3 pounds butternut squash cubed peeled
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.3 teaspoon salt

Equipment

- ☐ frying pan

Directions

- ☐ Place squash in a large deep skillet; add apple cider. Bring to a boil; reduce heat and simmer, uncovered, 20 minutes or until squash is tender.
- ☐ Add butter, salt, and nutmeg; simmer 3 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:40.19, Glycemic Load:4.02, Inflammation Score:-10, Nutrition Score:12.613913047897%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epicatechin: 4.17mg, Epicatechin: 4.17mg, Epicatechin: 4.17mg, Epicatechin: 4.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 129.92kcal (6.5%), Fat: 3.12g (4.8%), Saturated Fat: 1.86g (11.65%), Carbohydrates: 26.6g (8.87%), Net Carbohydrates: 23.58g (8.57%), Sugar: 11.65g (12.95%), Cholesterol: 7.53mg (2.51%), Sodium: 177.07mg (7.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.08%), Vitamin A: 15156.18IU (303.12%), Vitamin C: 30.57mg (37.05%), Manganese: 0.35mg (17.7%), Potassium: 589.43mg (16.84%), Vitamin E: 2.13mg (14.21%), Magnesium: 52.81mg (13.2%), Fiber: 3.03g (12.1%), Vitamin B6: 0.23mg (11.72%), Vitamin B1: 0.16mg (10.71%), Folate: 38.42µg (9.61%), Vitamin B3: 1.77mg (8.84%), Calcium: 76.16mg (7.62%), Vitamin B5: 0.61mg (6.14%), Iron: 1.1mg (6.12%), Copper: 0.11mg (5.67%), Phosphorus: 53.94mg (5.39%), Vitamin B2: 0.04mg (2.62%), Vitamin K: 1.8µg (1.72%), Zinc: 0.24mg (1.57%), Selenium: 0.83µg (1.19%)