

Apple-Squash



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



94 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup apple cider
- ☐ 2 small apples cubed peeled
- ☐ 1 lb buttercup squash
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons sugar

Equipment

- ☐ microwave
- ☐ peeler

Directions

- ☐ With vegetable peeler, peel squash.
- ☐ Remove seeds; cut squash into 1/2-inch cubes. In 1 1/2-quart microwavable casserole, place squash and cider. Cover; microwave on High 5 to 7 minutes, stirring once halfway through cooking, until squash is tender.
- ☐ Stir in remaining ingredients. Cover; microwave on High 2 to 3 minutes longer, stirring once halfway through cooking, until squash and apples are very tender.
- ☐ Serve immediately. If desired, mash before serving.

Nutrition Facts



Properties

Glycemic Index:36.31, Glycemic Load:5.51, Inflammation Score:-7, Nutrition Score:4.7508695452758%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 4.67mg, Epicatechin: 4.67mg, Epicatechin: 4.67mg, Epicatechin: 4.67mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 93.6kcal (4.68%), Fat: 2.13g (3.28%), Saturated Fat: 0.45g (2.82%), Carbohydrates: 19.75g (6.58%), Net Carbohydrates: 17.28g (6.28%), Sugar: 12.74g (14.16%), Cholesterol: 0mg (0%), Sodium: 26.38mg (1.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Vitamin A: 1144.49IU (22.89%), Vitamin C: 11.77mg (14.27%), Fiber: 2.47g (9.88%), Potassium: 339.67mg (9.7%), Manganese: 0.19mg (9.34%), Vitamin B6: 0.14mg (7.12%), Folate: 19.73µg (4.93%), Vitamin B2: 0.06mg (3.82%), Magnesium: 14.37mg (3.59%), Copper: 0.07mg (3.56%), Iron: 0.54mg (3%), Calcium: 28.28mg (2.83%), Phosphorus: 25.05mg (2.5%), Vitamin B1: 0.04mg (2.39%), Vitamin B3: 0.44mg (2.21%), Vitamin K: 1.98µg (1.88%), Vitamin B5: 0.18mg (1.85%), Vitamin E: 0.26mg (1.72%), Zinc: 0.19mg (1.25%)