



Autumn Butternut Squash Casserole

 Vegetarian

READY IN



60 min.

SERVINGS



10

CALORIES



201 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup firmly brown sugar packed
- ☐ 1 tablespoon brown sugar
- ☐ 0.3 cup butter
- ☐ 4 cups butternut squash cooked mashed
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 pinch ground pepper black
- ☐ 0.3 cup pecans chopped

- ☐ 6 cups delicious apples red peeled sliced
- ☐ 0.3 cup rolled oats
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar white

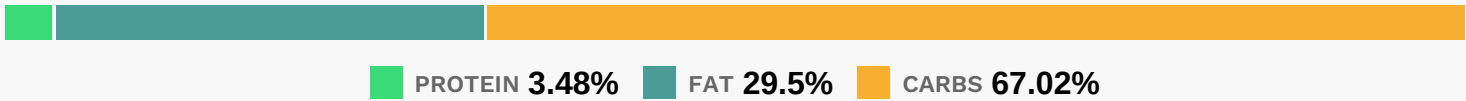
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Butter or spray a 3-quart casserole dish with cooking spray.
- ☐ Stir butternut squash, 1/4 cup softened butter, 1 tablespoon brown sugar, salt, and pepper together in a bowl.
- ☐ Melt 1 1/2 tablespoons butter in a large skillet over medium heat; stir in apples and white sugar. Cover skillet and simmer over low heat until apples are barely tender, 5 to 10 minutes.
- ☐ Whisk flour, oats, 1/3 cup brown sugar, and cinnamon together in a bowl.
- ☐ Cut 1/4 cup butter into flour mixture using a pastry blender until mixture resembles coarse crumbs; stir in pecans.
- ☐ Spread apple mixture into the prepared casserole dish. Spoon butternut squash mixture over apples; sprinkle with topping.
- ☐ Bake in the preheated oven until bubbling and lightly browned, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:31.41, Glycemic Load:9.16, Inflammation Score:-10, Nutrition Score:10.519130412651%

Flavonoids

Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 5.67mg, Epicatechin: 5.67mg, Epicatechin: 5.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 200.95kcal (10.05%), Fat: 6.98g (10.74%), Saturated Fat: 3.15g (19.72%), Carbohydrates: 35.69g (11.9%), Net Carbohydrates: 32.09g (11.67%), Sugar: 22.45g (24.94%), Cholesterol: 12.2mg (4.07%), Sodium: 100.31mg (4.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.71%), Vitamin A: 6136.85IU (122.74%), Manganese: 0.4mg (20.22%), Vitamin C: 15.24mg (18.48%), Fiber: 3.6g (14.38%), Potassium: 315.96mg (9.03%), Vitamin B1: 0.13mg (8.81%), Magnesium: 31.66mg (7.92%), Vitamin E: 1.13mg (7.51%), Folate: 26.72µg (6.68%), Vitamin B6: 0.13mg (6.55%), Copper: 0.11mg (5.73%), Vitamin B3: 1.06mg (5.3%), Phosphorus: 51.61mg (5.16%), Iron: 0.93mg (5.16%), Calcium: 44.39mg (4.44%), Selenium: 2.77µg (3.95%), Vitamin B2: 0.06mg (3.64%), Vitamin B5: 0.36mg (3.6%), Vitamin K: 2.86µg (2.72%), Zinc: 0.37mg (2.5%)