



Autumn Squash Casserole

 Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



274 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 cups apples peeled sliced
- ☐ 0.5 cup brown sugar
- ☐ 2 tablespoons butter melted
- ☐ 3 pounds buttercup squash peeled seeded cut into 3/4-inch chunks
- ☐ 1.5 cups cornflakes cereal crushed
- ☐ 0.5 cup pecans chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 dash pepper white

☐ 0.3 cup sugar white

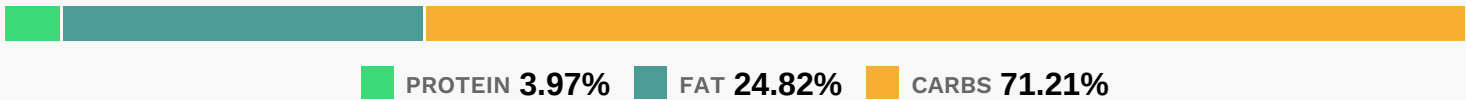
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Place the squash pieces in a saucepan and cover with water. Bring to a boil and cook until the squash is tender, about 15 minutes.
- ☐ Drain; then mash the squash with 1/4 cup butter, 1 tablespoon brown sugar, salt, and white pepper.
- ☐ Heat the 1 1/2 tablespoons butter in a large skillet over low heat; stir in sliced apples and sprinkle with the white sugar. Cover and cook over low heat until barely tender, about 5 minutes, stirring occasionally.
- ☐ Spread the apples in a 3-quart casserole. Spoon the mashed squash evenly over the apples.
- ☐ Stir together the cornflakes, pecans, the 1/2 cup brown sugar, and melted butter.
- ☐ Sprinkle the cornflake mixture evenly over the squash.
- ☐ Bake in the preheated oven until heated through, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:20.26, Glycemic Load:7.81, Inflammation Score:-9, Nutrition Score:13.4899999957707%

Flavonoids

Cyanidin: 2.2mg, Cyanidin: 2.2mg, Cyanidin: 2.2mg, Cyanidin: 2.2mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 7.12mg, Epicatechin: 7.12mg,

Epicatechin: 7.12mg, Epicatechin: 7.12mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 274.18kcal (13.71%), Fat: 8.17g (12.57%), Saturated Fat: 2.3g (14.37%), Carbohydrates: 52.71g (17.57%), Net Carbohydrates: 47.05g (17.11%), Sugar: 33.84g (37.6%), Cholesterol: 7.53mg (2.51%), Sodium: 145.11mg (6.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.87%), Vitamin A: 2560.9IU (51.22%), Vitamin C: 26.44mg (32.05%), Manganese: 0.64mg (32%), Fiber: 5.66g (22.65%), Potassium: 751.76mg (21.48%), Vitamin B6: 0.42mg (20.9%), Iron: 2.91mg (16.16%), Folate: 64.13µg (16.03%), Vitamin B2: 0.22mg (13%), Copper: 0.25mg (12.32%), Vitamin B1: 0.18mg (12.17%), Magnesium: 40.21mg (10.05%), Vitamin B3: 1.97mg (9.86%), Phosphorus: 75.27mg (7.53%), Calcium: 70.97mg (7.1%), Zinc: 0.77mg (5.1%), Vitamin B5: 0.47mg (4.7%), Vitamin B12: 0.27µg (4.47%), Vitamin K: 4.42µg (4.21%), Vitamin E: 0.56mg (3.7%), Selenium: 1.62µg (2.31%), Vitamin D: 0.19µg (1.26%)