

Baked Butternut Squash



Vegetarian



Gluten Free



Low Fod Map

READY IN



100 min.

SERVINGS



2

CALORIES



219 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter divided
- ☐ 1 butternut squash halved lengthwise seeded
- ☐ 2 servings salt and ground pepper black to taste
- ☐ 2 servings water

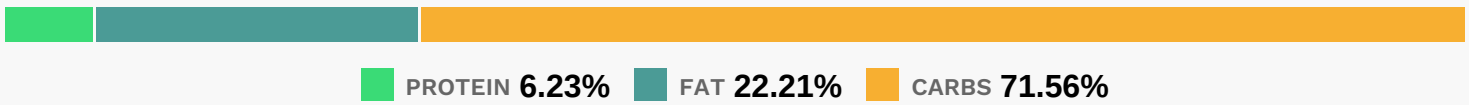
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place squash, cut sides down, in a 9x13 baking dish.
- ☐ Pour water into dish around squash halves.
- ☐ Bake in the preheated oven until tender and easily pierced with a fork, about 1 1/2 hours. Carefully remove the skin with a fork; it should be very easy to remove. Top squash halves with butter and season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.01, Inflammation Score:-10, Nutrition Score:24.610869478272%

Nutrients (% of daily need)

Calories: 219.19kcal (10.96%), Fat: 6.06g (9.32%), Saturated Fat: 3.68g (22.99%), Carbohydrates: 43.91g (14.64%), Net Carbohydrates: 36.38g (13.23%), Sugar: 8.25g (9.17%), Cholesterol: 15.05mg (5.02%), Sodium: 71.86mg (3.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.64%), Vitamin A: 40037.98IU (800.76%), Vitamin C: 78.75mg (95.45%), Manganese: 0.77mg (38.51%), Potassium: 1323.01mg (37.8%), Vitamin E: 5.56mg (37.09%), Magnesium: 130.18mg (32.54%), Fiber: 7.53g (30.1%), Vitamin B6: 0.58mg (28.9%), Folate: 101.48µg (25.37%), Vitamin B1: 0.38mg (25.03%), Vitamin B3: 4.5mg (22.52%), Calcium: 189.22mg (18.92%), Copper: 0.31mg (15.46%), Vitamin B5: 1.51mg (15.09%), Iron: 2.64mg (14.65%), Phosphorus: 125.59mg (12.56%), Vitamin B2: 0.08mg (4.56%), Vitamin K: 4.78µg (4.55%), Zinc: 0.59mg (3.96%), Selenium: 1.95µg (2.79%)