



Baked Butternut Squash with Apples



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



97 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg
- ☐ 1.5 lb butternut squash peeled seeded cut into 1/2-inch cubes (5 cups)
- ☐ 2 large apples i use 2 granny smith apples cored cut into 1/2-inch cubes (4 cups)
- ☐ 0.3 cup maple syrup
- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 cup pecans chopped toasted

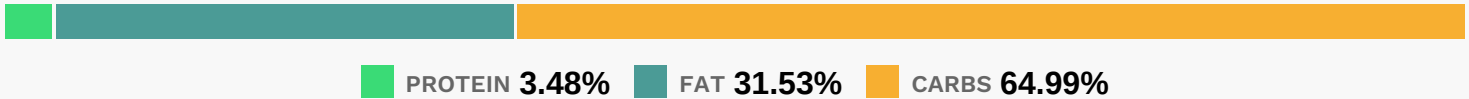
Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375°F.
- ☐ Place butter in 13x9-inch (3-quart) glass baking dish; heat in oven 5 to 7 minutes or until melted.
- ☐ Stir cinnamon and nutmeg into melted butter.
- ☐ Add squash; toss to coat. Cover with foil; bake 20 minutes. Meanwhile, in large bowl, mix apples, syrup and vinegar.
- ☐ Pour apple mixture over squash. Cover; bake 10 minutes. Stir; bake 5 to 10 minutes longer or until squash is tender. Stir before serving and sprinkle with pecans.

Nutrition Facts



Properties

Glycemic Index:16.96, Glycemic Load:3.14, Inflammation Score:-10, Nutrition Score:9.2243477588762%

Flavonoids

Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 97.02kcal (4.85%), Fat: 3.65g (5.61%), Saturated Fat: 0.56g (3.52%), Carbohydrates: 16.93g (5.64%), Net Carbohydrates: 14.63g (5.32%), Sugar: 9.44g (10.48%), Cholesterol: 0mg (0%), Sodium: 25.57mg (1.11%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.91g (1.81%), Vitamin A: 6132.2IU (122.64%), Manganese: 0.4mg (20.08%), Vitamin C: 13.65mg (16.55%), Fiber: 2.3g (9.19%), Potassium: 266.73mg (7.62%), Vitamin E: 0.99mg (6.6%), Vitamin B2: 0.11mg (6.47%), Magnesium: 25.65mg (6.41%), Vitamin B1: 0.08mg (5.52%), Vitamin B6: 0.11mg (5.39%), Folate: 16.98µg (4.25%), Calcium: 40.32mg (4.03%), Copper: 0.08mg (3.96%), Vitamin B3: 0.75mg (3.74%), Phosphorus: 30.02mg (3%), Iron: 0.52mg (2.91%), Vitamin B5: 0.27mg (2.71%), Zinc: 0.25mg (1.69%), Vitamin K: 1.55µg (1.47%)