



Baked Squash and Maple Syrup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



248 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 3.5 pounds butternut squash
- 0.5 cup chicken stock see
- 0.3 teaspoon ground nutmeg
- 0.3 cup real maple syrup
- 0.5 cup onion diced

Equipment

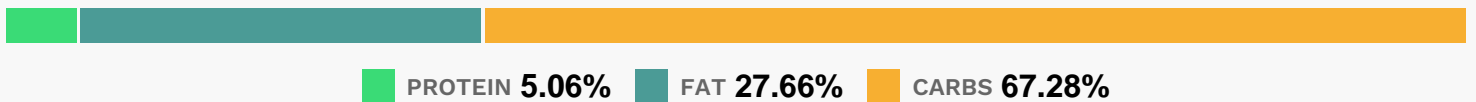
- bowl

- baking sheet
- sauce pan
- oven

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Place squash halves, cut side up, on large baking sheet. bake until very tender, about 50 minutes.
- Remove from oven and cool slightly. Using large spoon, scoop out squash flesh and transfer to large bowl.
- In a medium saucepan, melt butter over medium-low heat.
- Add chopped onion and ground nutmeg and saute until onion is tender and light brown, about 10 minutes.
- Transfer to bowl with squash.
- Add chicken broth and maple syrup.
- Puree mixture in batches in processor until smooth. Season squash puree with salt and pepper. Return puree to same saucepan. Stir puree over medium heat until heated through.
- Transfer to bowl and serve.

Nutrition Facts



Properties

Glycemic Index:30.58, Glycemic Load:4.69, Inflammation Score:-10, Nutrition Score:20.959130184806%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 248.16kcal (12.41%), Fat: 8.22g (12.64%), Saturated Fat: 5.01g (31.3%), Carbohydrates: 44.98g (14.99%), Net Carbohydrates: 39.45g (14.34%), Sugar: 17.45g (19.39%), Cholesterol: 20.94mg (6.98%), Sodium: 102.16mg (4.44%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.76%), Vitamin A: 28363.82IU (567.28%), Vitamin C: 56.59mg (68.6%), Manganese: 0.97mg (48.28%), Potassium: 1014.65mg (28.99%), Vitamin E: 4.04mg (26.92%), Magnesium: 96.19mg (24.05%), Fiber: 5.54g (22.14%), Vitamin B6: 0.44mg (21.8%), Vitamin B1: 0.29mg (19.35%), Folate: 75.32µg (18.83%), Vitamin B2: 0.3mg (17.88%), Vitamin B3: 3.53mg (17.63%), Calcium: 152.59mg (15.26%), Vitamin B5: 1.09mg (10.85%), Iron: 1.95mg (10.81%), Copper: 0.21mg (10.37%), Phosphorus: 99.03mg (9.9%), Zinc: 0.58mg (3.89%), Vitamin K: 3.67µg (3.49%), Selenium: 1.93µg (2.75%)