



Baked Winter Squash

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



292 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 2 small butternut squash (1 lb. each)
- 4 teaspoons honey
- 0.3 teaspoon pepper
- 0.3 teaspoon salt

Equipment

- oven
- baking pan

Directions

- Cut squash in half lengthwise; remove and discard seeds.
- Place squash, skin sides down, in a 13- x 9-inch baking dish.
- Place 1 Tbsp. butter and 1 tsp. honey in the cavity of each squash half; sprinkle squash evenly with salt and pepper.
- Add water to baking dish to a depth of 1/4 inch.
- Bake, covered, at 400 for 30 minutes; uncover and bake 15 more minutes or until squash is tender.

Nutrition Facts



Properties

Glycemic Index:33.57, Glycemic Load:3.03, Inflammation Score:-10, Nutrition Score:24.66043488487%

Nutrients (% of daily need)

Calories: 292.07kcal (14.6%), Fat: 11.89g (18.28%), Saturated Fat: 7.37g (46.08%), Carbohydrates: 49.69g (16.56%), Net Carbohydrates: 42.15g (15.33%), Sugar: 14.01g (15.56%), Cholesterol: 30.5mg (10.17%), Sodium: 251.87mg (10.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.81%), Vitamin A: 40217.73IU (804.35%), Vitamin C: 78.79mg (95.5%), Manganese: 0.78mg (38.97%), Vitamin E: 5.73mg (38.2%), Potassium: 1328.74mg (37.96%), Magnesium: 128.14mg (32.04%), Fiber: 7.55g (30.18%), Vitamin B6: 0.58mg (29%), Folate: 101.84µg (25.46%), Vitamin B1: 0.38mg (25.06%), Vitamin B3: 4.52mg (22.58%), Calcium: 184.47mg (18.45%), Vitamin B5: 1.52mg (15.22%), Iron: 2.67mg (14.84%), Copper: 0.27mg (13.71%), Phosphorus: 127.63mg (12.76%), Vitamin K: 5.32µg (5.07%), Vitamin B2: 0.08mg (4.87%), Zinc: 0.59mg (3.95%), Selenium: 2.08µg (2.97%)