



WHATSheATE



HEALTH SCORE

100%

Becel® Holiday Butternut Squash with Apple and Cranberries



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



533 kcal

SIDE DISH

Ingredients

- ☐ 1 medium apples cubed
- ☐ 2 tablespoons brown sugar packed
- ☐ 4 pound butternut squash peeled cut into 1/2-inch cubes (1- 3/)
- ☐ 0.5 cup cranberries dried
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 cup buttery taste margarine melted becel®

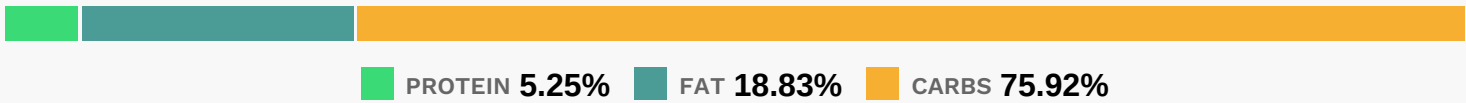
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 220 degrees C (425 degrees F).
- ☐ Combine Becel® Buttery Taste margarine and all ingredients in 1-1/2-quart baking dish. Season, if desired, with salt. Cover and bake 30 minutes.
- ☐ Remove cover and bake an additional 15 minutes or until squash is tender.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:1.66, Inflammation Score:-10, Nutrition Score:41.741304179249%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 532.94kcal (26.65%), Fat: 12.41g (19.1%), Saturated Fat: 2.55g (15.96%), Carbohydrates: 112.61g (37.54%), Net Carbohydrates: 95.65g (34.78%), Sugar: 38.05g (42.28%), Cholesterol: 0mg (0%), Sodium: 166.69mg (7.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.78g (15.57%), Vitamin A: 80257.42IU (1605.15%), Vitamin C: 159.66mg (193.52%), Manganese: 1.6mg (79.84%), Vitamin E: 11.64mg (77.62%), Potassium: 2710.59mg (77.45%), Fiber: 16.96g (67.85%), Magnesium: 258.92mg (64.73%), Vitamin B6: 1.18mg (59.17%), Folate: 204.07µg (51.02%), Vitamin B1: 0.76mg (50.74%), Vitamin B3: 9.14mg (45.68%), Calcium: 374.58mg (37.46%), Vitamin B5: 3.08mg (30.81%), Iron: 5.42mg (30.09%), Copper: 0.57mg (28.25%), Phosphorus: 257.3mg (25.73%), Vitamin B2: 0.17mg (10.08%), Vitamin K: 10.44µg (9.94%), Zinc: 1.16mg (7.75%), Selenium: 3.92µg (5.6%)