



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



534 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 teaspoon ground nutmeg
- ☐ 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:26.75, Glycemic Load:1.69, Inflammation Score:-10, Nutrition Score:41.766521546504%

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: 533.6kcal (26.68%), Fat: 12.46g (19.17%), Saturated Fat: 2.59g (16.16%), Carbohydrates: 112.68g (37.56%), Net Carbohydrates: 95.69g (34.8%), Sugar: 38.09g (42.32%), Cholesterol: 0mg (0%), Sodium: 166.71mg (7.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.79g (15.58%), Vitamin A: 80257.55IU (1605.15%), Vitamin C: 159.66mg (193.53%), Manganese: 1.6mg (80.02%), Vitamin E: 11.64mg (77.62%), Potassium: 2711.02mg (77.46%), Fiber: 16.99g (67.95%), Magnesium: 259.15mg (64.79%), Vitamin B6: 1.18mg (59.18%), Folate: 204.17µg (51.04%), Vitamin B1: 0.76mg (50.77%), Vitamin B3: 9.14mg (45.69%), Calcium: 374.81mg (37.48%), Vitamin B5: 3.08mg (30.81%), Iron: 5.42mg (30.11%), Copper: 0.57mg (28.32%), Phosphorus: 257.57mg (25.76%), Vitamin B2: 0.17mg

(10.08%), Vitamin K: 10.44µg (9.94%), Zinc: 1.17mg (7.77%), Selenium: 3.92µg (5.6%)