



Brandon's Squash Surprise

 Vegetarian  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



123 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon allspice
- 1 tablespoon brown sugar dark
- 2 medium delicata squash halved seeded
- 2 teaspoons ground cinnamon
- 2 tablespoons honey

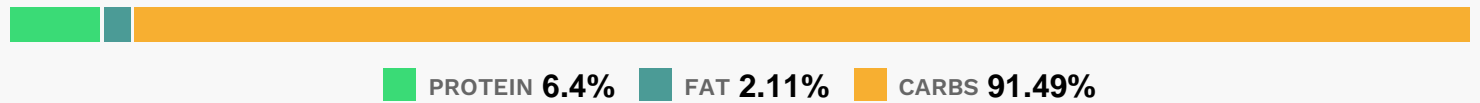
Equipment

- bowl
- sauce pan

Directions

- Place squash in a large saucepan with enough water to cover. Bring to a boil, and cook 10 minutes or until tender.
- Drain, and cool slightly. When cool enough, remove the skin.
- Transfer squash to a medium bowl.
- Mix in the honey, dark brown sugar, cinnamon, and allspice. Mash together thoroughly, and serve warm.

Nutrition Facts



Properties

Glycemic Index:18.07, Glycemic Load:4.54, Inflammation Score:-9, Nutrition Score:11.56782600154%

Nutrients (% of daily need)

Calories: 123.46kcal (6.17%), Fat: 0.33g (0.51%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 32.04g (10.68%), Net Carbohydrates: 28.03g (10.19%), Sugar: 16.54g (18.37%), Cholesterol: 0mg (0%), Sodium: 10.61mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.48%), Vitamin A: 3100.55IU (62.01%), Vitamin C: 28.05mg (34%), Manganese: 0.56mg (28.08%), Potassium: 809.12mg (23.12%), Vitamin B6: 0.36mg (17.96%), Fiber: 4g (16.01%), Folate: 54.75µg (13.69%), Copper: 0.17mg (8.54%), Vitamin B2: 0.14mg (8.53%), Magnesium: 33.13mg (8.28%), Iron: 1.48mg (8.22%), Calcium: 78.21mg (7.82%), Vitamin B3: 1.17mg (5.84%), Phosphorus: 53.56mg (5.36%), Vitamin B1: 0.07mg (4.56%), Vitamin B5: 0.44mg (4.41%), Zinc: 0.52mg (3.47%), Vitamin K: 2.8µg (2.67%), Vitamin E: 0.29mg (1.97%), Selenium: 1.06µg (1.52%)