



Buttercup Squash with Apples

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



71 kcal

SIDE DISH

Ingredients

- 1 small winter squash cut in half, seeds and fibers removed (1 pound)
- 0.5 cup baking apples are apples that have a sweet-tart balance and hold their shape when chopped
- 2 teaspoons brown sugar packed
- 2 teaspoons butter softened
- 0.5 teaspoon juice of lemon
- 1 Dash nutmeg

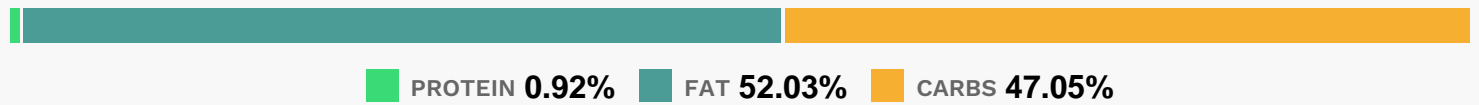
Equipment

- oven
- baking pan

Directions

- Heat oven to 400°.
- Place squash halves cut sides up in ungreased rectangular baking dish, 11x7x1 1/2 inches.
- Mix remaining ingredients; spoon into squash. Cover and bake 30 to 40 minutes or until squash is tender.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:1.24, Inflammation Score:-2, Nutrition Score:0.9873913001755%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 70.53kcal (3.53%), Fat: 4.26g (6.56%), Saturated Fat: 0.97g (6.09%), Carbohydrates: 8.67g (2.89%), Net Carbohydrates: 7.8g (2.84%), Sugar: 7.31g (8.13%), Cholesterol: 0mg (0%), Sodium: 48.69mg (2.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.34%), Vitamin A: 249.46IU (4.99%), Fiber: 0.87g (3.47%), Vitamin C: 2.05mg (2.49%), Vitamin E: 0.22mg (1.47%), Manganese: 0.03mg (1.46%), Potassium: 45.65mg (1.3%)