



Buttercup Squash with Apples (Cooking for 2)



Gluten Free



Dairy Free



Very Healthy

READY IN



50 min.

SERVINGS



2

CALORIES



170 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons brown sugar packed
- ☐ 2 teaspoons butter softened
- ☐ 1 pound winter squash
- ☐ 0.1 teaspoon nutmeg
- ☐ 0.5 teaspoon juice of lemon
- ☐ 0.5 cup baking apples are apples that have a sweet-tart balance and hold their shape when chopped

Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 400F.
- ☐ Cut squash in half; remove seeds and fibers.
- ☐ Place squash halves, cut side up, in ungreased baking dish, 11x7x1 1/2 inches.
- ☐ Mix remaining ingredients; spoon into squash halves.
- ☐ Cover and bake 30 to 40 minutes or until squash is tender.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:1.16, Inflammation Score:-10, Nutrition Score:17.07913064244%

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: 170.39kcal (8.52%), Fat: 4.35g (6.7%), Saturated Fat: 0.92g (5.78%), Carbohydrates: 34.94g (11.65%), Net Carbohydrates: 29.63g (10.77%), Sugar: 12.19g (13.54%), Cholesterol: 0mg (0%), Sodium: 57.69mg (2.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.82%), Vitamin A: 24304.36IU (486.09%), Vitamin C: 49.56mg (60.08%), Potassium: 840.91mg (24.03%), Manganese: 0.48mg (23.77%), Vitamin E: 3.48mg (23.19%), Fiber: 5.32g (21.26%), Magnesium: 79.49mg (19.87%), Vitamin B6: 0.36mg (18.25%), Folate: 62.61µg (15.65%), Vitamin B1: 0.23mg (15.56%), Vitamin B3: 2.76mg (13.79%), Calcium: 115.86mg (11.59%), Vitamin B5: 0.94mg (9.37%), Iron: 1.66mg (9.21%), Copper: 0.18mg (8.75%), Phosphorus: 79.96mg (8%), Vitamin B2: 0.06mg (3.27%), Vitamin K: 3.18µg

(3.03%), Zinc: 0.36mg (2.38%), Selenium: 1.19µg (1.69%)