



Butternut Squash and Carrot Purée with Maple Syrup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



189 kcal

SIDE DISH

Ingredients

- ☐ 4 tablespoons butter ()
- ☐ 3.5 pound butternut squash peeled seeded cut into 1/2-inch pieces
- ☐ 3 carrots peeled thinly sliced
- ☐ 3 tablespoons maple syrup pure
- ☐ 1 onion chopped
- ☐ 1 cup orange juice fresh

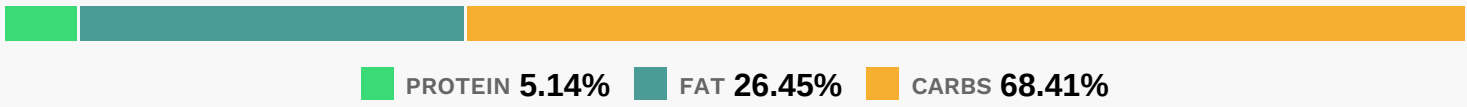
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Melt 2 tablespoons butter in large pot over medium heat.
- ☐ Add onion and sauté until just tender, about 8 minutes. Stir in 1 tablespoon butter.
- ☐ Add carrots and sauté until coated with butter, about 1 minute. Stir in remaining 1 tablespoon butter.
- ☐ Add squash and sauté until beginning to soften, about 8 minutes.
- ☐ Pour orange juice over vegetables. Cover and simmer until vegetables are soft, about 25 minutes. Uncover and simmer until all liquid evaporates, about 5 minutes. Stir in maple syrup. Cool slightly. Working in batches, puree mixture in processor until smooth. Season to taste with salt and pepper.
- ☐ Transfer to serving bowl. (Can be made 2 days ahead. Cover and refrigerate. Stir over medium heat to rewarm.)

Nutrition Facts



Properties

Glycemic Index:26.54, Glycemic Load:4.5, Inflammation Score:-10, Nutrition Score:18.349999913055%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 188.57kcal (9.43%), Fat: 6.01g (9.24%), Saturated Fat: 3.66g (22.88%), Carbohydrates: 34.96g (11.65%), Net Carbohydrates: 30.05g (10.93%), Sugar: 13.14g (14.59%), Cholesterol: 15.05mg (5.02%), Sodium: 70.27mg (3.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.25%), Vitamin A: 25153.58IU (503.07%), Vitamin C: 59.54mg (72.17%), Manganese: 0.63mg (31.41%), Potassium: 872.36mg (24.92%), Vitamin E: 3.19mg

(21.24%), Fiber: 4.91g (19.62%), Magnesium: 76.72mg (19.18%), Vitamin B6: 0.37mg (18.31%), Folate: 70.05µg (17.51%), Vitamin B1: 0.25mg (16.87%), Vitamin B3: 2.76mg (13.78%), Calcium: 119.23mg (11.92%), Vitamin B2: 0.16mg (9.62%), Vitamin B5: 0.94mg (9.4%), Iron: 1.56mg (8.66%), Copper: 0.17mg (8.61%), Phosphorus: 84.43mg (8.44%), Vitamin K: 5.78µg (5.5%), Zinc: 0.45mg (3%), Selenium: 1.18µg (1.69%)