



Butternut Squash Apple Cranberry Bake



Vegetarian



Popular

READY IN



70 min.

SERVINGS



8

CALORIES



181 kcal

SIDE DISH

Ingredients

- ☐ 1 large butternut squash peeled cut into 1-inch cubes
- ☐ 2 large tart cooking apples peeled cut into 1/ slices (like Granny Smith)
- ☐ 0.5 cup cranberries fresh
- ☐ 0.5 cup brown sugar
- ☐ 0.3 cup butter (half a stick)
- ☐ 1 Tbsp flour
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon ground nutmeg

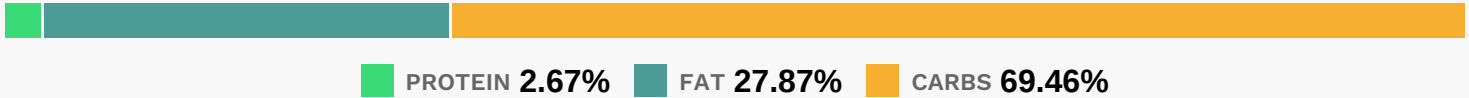
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven and prepare baking dish: Preheat oven to 350°F. Lightly butter the sides and bottom of a 7x11-inch baking dish.
- ☐ together the flour, brown sugar, salt, and nutmeg in a small bowl.
- ☐ Layer squash, apples, cranberries, and topping in baking dish: Put a layer of cut butternut squash on the bottom of the baking dish.
- ☐ Place apples on top and then sprinkle with cranberries.
- ☐ Sprinkle everything with the flour brown sugar mixture. Dot with butter.
- ☐ Bake 50–60 minutes at 350°F until cooked through and lightly browned.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:2.81, Inflammation Score:-10, Nutrition Score:10.862608741807%

Flavonoids

Cyanidin: 3.78mg, Cyanidin: 3.78mg, Cyanidin: 3.78mg, Cyanidin: 3.78mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 3.08mg, Peonidin: 3.08mg, Peonidin: 3.08mg, Peonidin: 3.08mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 4.47mg, Epicatechin: 4.47mg, Epicatechin: 4.47mg, Epicatechin: 4.47mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg

0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg

Nutrients (% of daily need)

Calories: 181.23kcal (9.06%), Fat: 6g (9.24%), Saturated Fat: 3.72g (23.22%), Carbohydrates: 33.67g (11.22%), Net Carbohydrates: 30.18g (10.98%), Sugar: 21.51g (23.9%), Cholesterol: 15.25mg (5.08%), Sodium: 344.62mg (14.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.58%), Vitamin A: 10176.88IU (203.54%), Vitamin C: 23.13mg (28.04%), Fiber: 3.49g (13.96%), Manganese: 0.25mg (12.55%), Potassium: 416.14mg (11.89%), Vitamin E: 1.7mg (11.32%), Magnesium: 36.86mg (9.21%), Vitamin B6: 0.18mg (8.86%), Vitamin B1: 0.11mg (7.47%), Folate: 29.21µg (7.3%), Vitamin B3: 1.26mg (6.29%), Calcium: 62.51mg (6.25%), Iron: 0.89mg (4.92%), Copper: 0.1mg (4.77%), Vitamin B5: 0.46mg (4.58%), Phosphorus: 41.29mg (4.13%), Vitamin K: 3.07µg (2.92%), Vitamin B2: 0.04mg (2.45%), Selenium: 1.03µg (1.47%), Zinc: 0.19mg (1.26%)