



Butternut Squash, Apple, Onion Au Gratin

READY IN



80 min.

SERVINGS



10

CALORIES



154 kcal

SIDE DISH

Ingredients

- 4 apples cored peeled sliced
- 1 butternut squash peeled seeded sliced
- 1 cup chicken stock see
- 1 pinch cinnamon
- 3 slices bacon crumbled cooked
- 0.3 cup flour
- 1 teaspoon salt
- 1 cup sharp cheddar cheese shredded
- 0.5 onion sweet thinly sliced

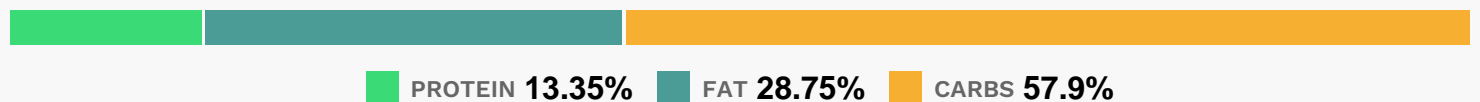
Equipment

- oven
- aluminum foil
- ziploc bags
- glass baking pan

Directions

- Preheat oven to 35
- Spray 9- x 11-inch glass baking pan with cooking spray.
- Place flour, salt, and cinnamon into a large plastic bag.
- Add squash, apples, and onions; shake until lightly dusted.
- In glass dish, layer 1/2 of squash, apples, and sweet onion.
- Pour 1/2 cup chicken stock over the top, then sprinkle 1/2 of cheese.
- Layer with remaining squash, apple, and onions.
- Pour remaining chicken stock over the top, and cover with foil.
- Bake in preheated oven for 40 minutes.
- Take out and sprinkle with bacon crumbles and remaining cheese. Return, uncovered, to oven; bake for another 5 minutes.
- Let sit for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:13.9, Glycemic Load:4.46, Inflammation Score:-10, Nutrition Score:12.239130434783%

Flavonoids

Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg

Epicatechin: 5.48mg, Epicatechin: 5.48mg, Epicatechin: 5.48mg, Epicatechin: 5.48mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 5.32mg, Quercetin: 5.32mg, Quercetin: 5.32mg, Quercetin: 5.32mg

Nutrients (% of daily need)

Calories: 154.3kcal (7.72%), Fat: 5.22g (8.02%), Saturated Fat: 2.58g (16.1%), Carbohydrates: 23.63g (7.88%), Net Carbohydrates: 20.14g (7.32%), Sugar: 10.48g (11.64%), Cholesterol: 14.4mg (4.8%), Sodium: 386.21mg (16.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.89%), Vitamin A: 8126.87IU (162.54%), Vitamin C: 19.94mg (24.17%), Fiber: 3.49g (13.96%), Calcium: 125.37mg (12.54%), Potassium: 410.95mg (11.74%), Manganese: 0.22mg (10.83%), Phosphorus: 108.16mg (10.82%), Vitamin B6: 0.2mg (10.18%), Vitamin B1: 0.14mg (9.59%), Selenium: 6.46µg (9.23%), Vitamin B3: 1.81mg (9.05%), Magnesium: 36.09mg (9.02%), Folate: 35.53µg (8.88%), Vitamin E: 1.32mg (8.79%), Vitamin B2: 0.13mg (7.56%), Copper: 0.11mg (5.34%), Iron: 0.9mg (4.97%), Zinc: 0.71mg (4.72%), Vitamin B5: 0.45mg (4.48%), Vitamin K: 2.81µg (2.68%), Vitamin B12: 0.15µg (2.43%)