



## Butternut Squash au Gratin

READY IN



75 min.

SERVINGS



15

CALORIES



105 kcal

SIDE DISH

### Ingredients

- 4 slices oscar mayer bacon chopped
- 1 butternut squash
- 1 cup chicken broth
- 2 Tbsp flour
- 0.3 tsp pepper
- 1.5 cups cheddar cheese shredded divided kraft
- 1 small onion sweet thinly sliced

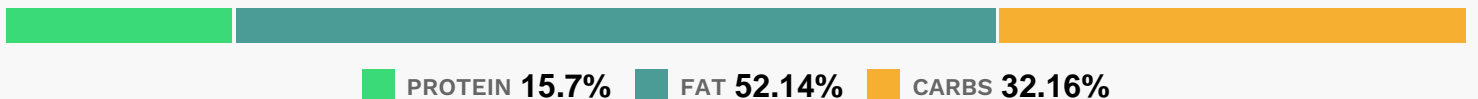
### Equipment

- frying pan
- paper towels
- sauce pan
- oven
- baking pan
- slotted spoon

## Directions

- Heat oven to 350F.
- Cut squash lengthwise in half; discard seeds.
- Cut each half crosswise into thin slices; remove peels.
- Place squash in large saucepan.
- Add enough water to cover squash. Bring to boil on high heat; simmer on medium-low heat 8 to 10 min. or until squash is tender.
- Meanwhile, cook bacon in skillet until crisp, stirring occasionally.
- Remove bacon from skillet with slotted spoon, reserving 1 Tbsp. drippings in skillet.
- Drain bacon on paper towels.
- Add onions to reserved drippings; cook and stir 5 min. or until crisp-tender. Stir in flour and pepper; cook and stir 1 min. Gradually stir in broth; cook and stir 2 to 3 min. or until thickened.
- Remove from heat. Stir in 1 cup cheese.
- Drain squash. Arrange half in 8- or 9-inch square baking dish; cover with half the sauce. Repeat layers; top with bacon and remaining cheese.
- Bake 25 to 30 min. or until squash mixture is heated through and cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:8.93, Glycemic Load:0.63, Inflammation Score:-10, Nutrition Score:9.3591304240019%

## Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg,  
Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol:  
0.25mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 3.2mg, Quercetin:  
3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

## **Nutrients (% of daily need)**

Calories: 104.79kcal (5.24%), Fat: 6.28g (9.66%), Saturated Fat: 2.96g (18.53%), Carbohydrates: 8.72g (2.91%), Net  
Carbohydrates: 7.48g (2.72%), Sugar: 2.32g (2.57%), Cholesterol: 15.49mg (5.16%), Sodium: 174.65mg (7.59%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.51%), Vitamin A: 5431.11IU (108.62%), Vitamin C: 11.56mg  
(14.01%), Calcium: 109.52mg (10.95%), Phosphorus: 84.42mg (8.44%), Selenium: 5.14µg (7.34%), Manganese:  
0.14mg (6.89%), Potassium: 226.91mg (6.48%), Vitamin B6: 0.13mg (6.48%), Vitamin B1: 0.09mg (5.98%),  
Magnesium: 23.17mg (5.79%), Folate: 22.78µg (5.7%), Vitamin E: 0.84mg (5.61%), Fiber: 1.23g (4.94%), Vitamin B2:  
0.08mg (4.9%), Vitamin B3: 0.96mg (4.82%), Zinc: 0.61mg (4.04%), Vitamin B5: 0.31mg (3.07%), Copper: 0.06mg  
(2.94%), Iron: 0.51mg (2.83%), Vitamin B12: 0.15µg (2.54%)