



## Butternut Squash Bake

 Gluten Free

READY IN



75 min.

SERVINGS



12

CALORIES



210 kcal

SIDE DISH

### Ingredients

- 0.3 cup brown sugar packed
- 7 lb butternut squash
- 4 oz philadelphia cream cheese cubed ()
- 0.5 tsp ground pepper red (cayenne)
- 3 cups marshmallows jet-puffed miniature
- 1 cup water

### Equipment

- bowl

- frying pan
- oven
- broiler

## Directions

- Heat oven to 375F.
- Cut squash in half; remove seeds.
- Place squash halves, cut sides down, in 15x10x1-inch pan.
- Add water.
- Bake 40 min. or until squash is tender.
- Scoop squash flesh into medium bowl; mash well.
- Add cream cheese, sugar and pepper; mix well. Spoon into 3-qt. casserole sprayed with cooking spray.
- Heat broiler. Top squash mixture with marshmallows; broil, 6 inches from heat, 1 to 2 min. or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:9.96, Glycemic Load:6.29, Inflammation Score:-10, Nutrition Score:18.935217291117%

## Nutrients (% of daily need)

Calories: 209.55kcal (10.48%), Fat: 3.55g (5.47%), Saturated Fat: 1.97g (12.34%), Carbohydrates: 46.15g (15.38%), Net Carbohydrates: 40.83g (14.85%), Sugar: 17.83g (19.81%), Cholesterol: 9.54mg (3.18%), Sodium: 52.55mg (2.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.93%), Vitamin A: 28284.63IU (565.69%), Vitamin C: 55.62mg (67.42%), Potassium: 952.08mg (27.2%), Manganese: 0.54mg (27.05%), Vitamin E: 3.91mg (26.09%), Magnesium: 91.79mg (22.95%), Fiber: 5.32g (21.3%), Vitamin B6: 0.42mg (20.84%), Folate: 72.54µg (18.14%), Vitamin B1: 0.27mg (17.81%), Vitamin B3: 3.21mg (16.03%), Calcium: 141.05mg (14.11%), Vitamin B5: 1.12mg (11.19%), Iron: 1.93mg (10.72%), Copper: 0.21mg (10.5%), Phosphorus: 98.83mg (9.88%), Vitamin B2: 0.08mg (4.44%), Selenium: 2.41µg (3.44%), Zinc: 0.45mg (3.03%), Vitamin K: 3.17µg (3.02%)