



Butternut Squash Bake

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



179 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 0.8 cup egg substitute
- ☐ 1 Dash ground nutmeg
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons orange juice concentrate frozen thawed
- ☐ 0.1 teaspoon salt
- ☐ 3 pounds roasted winter squash coarsely chopped

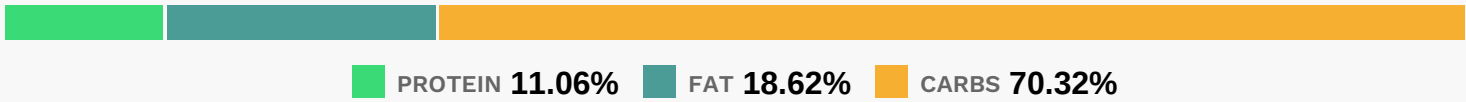
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Toss together chopped roasted squash and remaining ingredients in a large bowl. Process mixture, in batches, in a blender or food processor until smooth, stopping to scrape down sides.
- ☐ Pour mixture into a lightly greased 1 1/2-quart baking dish.
- ☐ Bake at 350 for 35 to 40 minutes or until mixture is set.

Nutrition Facts



Properties

Glycemic Index:28.71, Glycemic Load:3.04, Inflammation Score:-10, Nutrition Score:19.692608817764%

Nutrients (% of daily need)

Calories: 179.37kcal (8.97%), Fat: 4.08g (6.28%), Saturated Fat: 2.49g (15.58%), Carbohydrates: 34.7g (11.57%), Net Carbohydrates: 30.07g (10.93%), Sugar: 12.85g (14.28%), Cholesterol: 10.03mg (3.34%), Sodium: 147.88mg (6.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.91%), Vitamin A: 2431.41IU (486.23%), Vitamin C: 54.96mg (66.62%), Vitamin E: 3.88mg (25.87%), Potassium: 898.58mg (25.67%), Manganese: 0.47mg (23.64%), Magnesium: 83.88mg (20.97%), Vitamin B6: 0.4mg (20.2%), Selenium: 13.65µg (19.5%), Fiber: 4.63g (18.54%), Vitamin B1: 0.28mg (18.48%), Folate: 70.24µg (17.56%), Vitamin B5: 1.44mg (14.43%), Vitamin B3: 2.83mg (14.15%), Calcium: 134.51mg (13.45%), Iron: 2.23mg (12.41%), Vitamin B2: 0.17mg (10.24%), Phosphorus: 101.2mg (10.12%), Copper: 0.18mg (8.85%), Zinc: 0.67mg (4.44%), Vitamin D: 0.48µg (3.2%), Vitamin K: 2.9µg (2.76%), Vitamin B12: 0.11µg (1.83%)