



Butternut Squash Bake

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



326 kcal

SIDE DISH

Ingredients

- 6 ounces cheese blue crumbled
- 0.3 cup bread crumbs italian
- 4 pound butternut squash cubed peeled seeded
- 1 tablespoon thyme leaves fresh minced
- 0.3 cup olive oil extra-virgin
- 6 servings sea salt and ground pepper black to taste
- 0.3 onion yellow minced

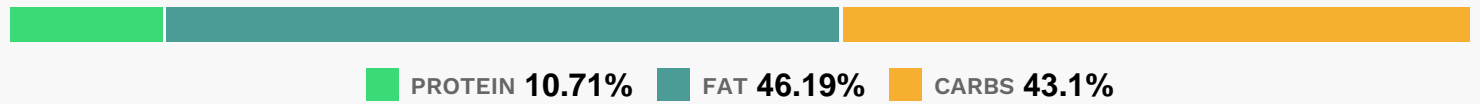
Equipment

- oven
- mixing bowl
- baking pan

Directions

- Preheat an oven to 425 degrees F (220 degrees C).
- Toss the squash, onion, olive oil, 1/2 cup Italian bread crumbs, thyme, and blue cheese in a large mixing bowl. Season with salt and pepper.
- Pour the mixture into a large baking dish.
- Sprinkle 1/4 cup bread crumbs over the squash.
- Bake in the preheated oven until lightly browned on top, 35 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:0.37, Inflammation Score:-10, Nutrition Score:24.575652140638%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 326.1kcal (16.3%), Fat: 17.88g (27.51%), Saturated Fat: 6.84g (42.75%), Carbohydrates: 37.54g (12.51%), Net Carbohydrates: 31.16g (11.33%), Sugar: 7.41g (8.24%), Cholesterol: 21.26mg (7.09%), Sodium: 342.99mg (14.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.33g (18.66%), Vitamin A: 32416.98IU (648.34%), Vitamin C: 65.82mg (79.79%), Vitamin E: 5.72mg (38.16%), Potassium: 1156.98mg (33.06%), Manganese: 0.65mg (32.7%), Calcium: 301.5mg (30.15%), Magnesium: 112.18mg (28.05%), Vitamin B6: 0.52mg (26.22%), Fiber: 6.38g (25.53%), Folate: 94.29µg (23.57%), Phosphorus: 213.1mg (21.31%), Vitamin B1: 0.32mg (21.05%), Vitamin B3: 4mg (20%), Vitamin B5: 1.71mg (17.13%), Iron: 2.51mg (13.92%), Copper: 0.24mg (11.96%), Vitamin B2: 0.18mg (10.42%), Vitamin K: 9.61µg (9.16%), Zinc: 1.24mg (8.28%), Selenium: 5.66µg (8.08%), Vitamin B12: 0.35µg (5.76%)