



Butternut Squash Base



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



20

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 butternut squash halved seeded
- ☐ 1 tablespoon brown sugar dark
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- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons simple syrup glaze
- ☐ 20 servings cheesecloth
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Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ sieve
- ☐ cheesecloth

Directions

- ☐ Preheat oven to 40
- ☐ Brush cut sides of squash with oil.
- ☐ Sprinkle with salt and light brown sugar.
- ☐ Place on a baking sheet cut sides down.
- ☐ Bake at 400 for 30 minutes or until soft. Cool 30 minutes.
- ☐ Scoop out pulp into bowl of a food processor. Process squash, Simple Syrup, and dark brown sugar until pureed.
- ☐ Line a fine wire-mesh strainer with cheesecloth.
- ☐ Place strainer over a bowl. Spoon puree into strainer; press through cheesecloth. Discard solids.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:5.5804348393627%

Nutrients (% of daily need)

Calories: 35.69kcal (1.78%), Fat: 0.74g (1.13%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 7.76g (2.59%), Net Carbohydrates: 7.01g (2.55%), Sugar: 4.18g (4.65%), Cholesterol: 0mg (0%), Sodium: 32.66mg (1.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.75%), Vitamin A: 3986.25IU (79.72%), Vitamin C: 7.88mg (9.55%),

Vitamin E: 0.64mg (4.27%), Potassium: 135.5mg (3.87%), Manganese: 0.08mg (3.83%), Magnesium: 13.16mg (3.29%), Fiber: 0.75g (3%), Vitamin B6: 0.06mg (2.91%), Vitamin B1: 0.04mg (2.76%), Folate: 10.14µg (2.53%), Vitamin B3: 0.45mg (2.27%), Iron: 0.38mg (2.13%), Calcium: 19.41mg (1.94%), Vitamin B5: 0.15mg (1.52%), Copper: 0.03mg (1.41%), Phosphorus: 12.66mg (1.27%)