



Butternut Squash Casserole

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



301 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup brown sugar packed
- 3 cups butternut squash cooked mashed
- 8 ounce pineapple with juice crushed canned
- 1 teaspoon ground cinnamon
- 0.1 teaspoon ground nutmeg
- 0.3 cup butter melted
- 1 teaspoon vanilla extract
- 0.3 cup walnuts chopped

0.5 cup sugar white

Equipment

oven

casserole dish

Directions

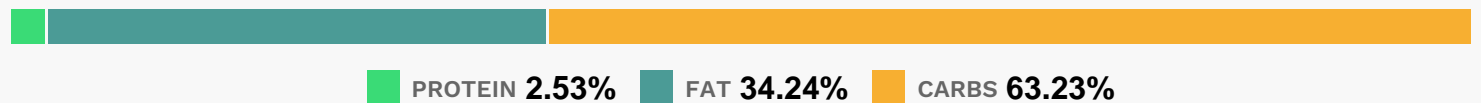
Preheat oven to 325 degrees F (165 degrees C). Grease one 2 quart casserole dish and set aside.

Combine the butternut squash, white sugar, brown sugar, margarine, pineapple, cinnamon, vanilla and nutmeg.

Mix well and pour into casserole dish.

Sprinkle with chopped nuts and bake for 40 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:27.52, Glycemic Load:11.74, Inflammation Score:-10, Nutrition Score:10.979565290005%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg

Nutrients (% of daily need)

Calories: 301.49kcal (15.07%), Fat: 12.04g (18.52%), Saturated Fat: 2.01g (12.55%), Carbohydrates: 50g (16.67%), Net Carbohydrates: 47.49g (17.27%), Sugar: 41.62g (46.24%), Cholesterol: 0mg (0%), Sodium: 97.9mg (4.26%), Alcohol: 0.23g (100%), Alcohol %: 0.18% (100%), Protein: 2g (4.01%), Vitamin A: 7800.55IU (156.01%), Vitamin C: 18.37mg (22.27%), Manganese: 0.44mg (21.83%), Magnesium: 42.03mg (10.51%), Copper: 0.21mg (10.3%), Potassium: 353.19mg (10.09%), Fiber: 2.51g (10.05%), Vitamin E: 1.36mg (9.08%), Vitamin B6: 0.18mg (9.01%), Vitamin B1: 0.13mg (8.8%), Folate: 27.49µg (6.87%), Calcium: 67.73mg (6.77%), Iron: 0.95mg (5.3%), Vitamin B3: 1.05mg (5.25%), Phosphorus: 51.49mg (5.15%), Vitamin B5: 0.35mg (3.51%), Zinc: 0.36mg (2.39%), Vitamin B2: 0.04mg (2.3%), Selenium: 1.15µg (1.64%), Vitamin K: 1.31µg (1.25%)