



WHATSheATE

# Butternut Squash Casserole



Vegetarian



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



239 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 3 butternut squash cubed peeled seeded
- ☐ 0.5 cup coconut milk
- ☐ 1.5 teaspoons curry powder
- ☐ 3 large eggs
- ☐ 1 onion chopped
- ☐ 0.3 teaspoon cracked pepper black
- ☐ 0.5 cup raisins
- ☐ 1 teaspoon salt

☐ 0.5 cup coconut or sweetened flaked

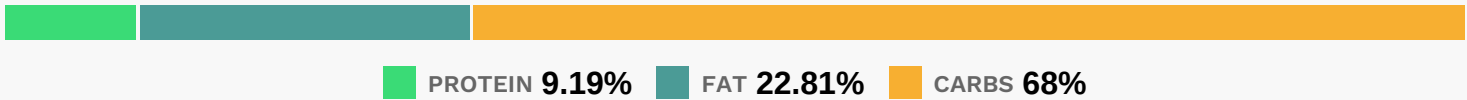
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer
- ☐ casserole dish
- ☐ dutch oven

Directions

- ☐ Preheat oven to 350 degrees F. Lightly grease a 2 1/2-quart casserole dish.
- ☐ In a large Dutch oven, combine squash and onion; add water to cover. Bring to a boil over high heat and cook 10 to 12 minutes or until squash is tender; drain well. Spoon squash mixture into a large bowl.
- ☐ In a small bowl, whisk together eggs, milk, curry powder, salt, and pepper.
- ☐ Add to squash mixture. Beat at medium speed with an electric mixer until smooth. Spoon into prepared baking dish; sprinkle evenly with raisins and coconut.
- ☐ Bake 40 minutes or until center is set.

Nutrition Facts



Properties

Glycemic Index:27.48, Glycemic Load:4.5, Inflammation Score:-10, Nutrition Score:23.237825974174%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 239.13kcal (11.96%), Fat: 6.68g (10.28%), Saturated Fat: 4.75g (29.7%), Carbohydrates: 44.82g (14.94%), Net Carbohydrates: 37.67g (13.7%), Sugar: 8.81g (9.78%), Cholesterol: 69.75mg (23.25%), Sodium: 348.83mg (15.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.06g (12.12%), Vitamin A: 30002.44IU (600.05%), Vitamin C: 60.75mg (73.64%), Manganese: 0.8mg (39.98%), Potassium: 1167.65mg (33.36%), Vitamin E: 4.33mg (28.88%), Fiber: 7.14g (28.56%), Magnesium: 112.24mg (28.06%), Vitamin B6: 0.51mg (25.43%), Folate: 90.36µg (22.59%), Vitamin B1: 0.31mg (20.68%), Vitamin B3: 3.65mg (18.23%), Iron: 3.23mg (17.92%), Phosphorus: 161mg (16.1%), Calcium: 156.58mg (15.66%), Copper: 0.3mg (15%), Vitamin B5: 1.46mg (14.63%), Selenium: 8.21µg (11.73%), Vitamin B2: 0.16mg (9.65%), Zinc: 0.84mg (5.58%), Vitamin K: 3.68µg (3.51%), Vitamin B12: 0.17µg (2.78%), Vitamin D: 0.38µg (2.5%)