



Butternut Squash Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



233 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup breadcrumbs fresh soft
- ☐ 1 tablespoon butter
- ☐ 3 tablespoons butter divided melted
- ☐ 1 butternut squash peeled seeded cut into 2-inch cubes (1 3/4 pounds)
- ☐ 0.3 cup cranberries fresh chopped
- ☐ 2 large eggs lightly beaten
- ☐ 1 garlic clove minced
- ☐ 1 small onion minced
- ☐ 0.3 teaspoon pepper

- ☐ 1 teaspoon salt
- ☐ 1 tablespoon sugar

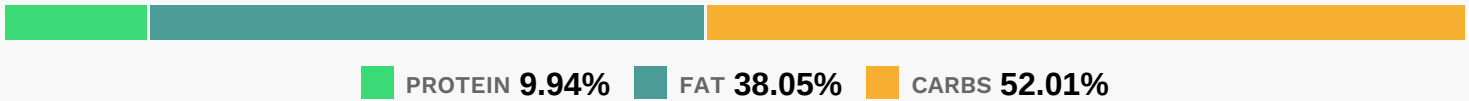
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Bring squash and water to cover to a boil; cook 30 minutes or until tender.
- ☐ Remove from heat; drain. Mash until smooth.
- ☐ Melt 1 tablespoon butter in skillet.
- ☐ Add onion and garlic; saute 5 minutes or until tender.
- ☐ Remove from heat; stir in squash, 2 tablespoons butter, eggs, and next 3 ingredients. Fold in cranberries. Spoon into lightly greased 1-quart baking dish.
- ☐ Combine breadcrumbs and remaining 1 tablespoon butter.
- ☐ Sprinkle over casserole.
- ☐ Bake at 375 for 1 hour and 15 minutes or until set and golden.

Nutrition Facts



Properties

Glycemic Index:42.35, Glycemic Load:1.85, Inflammation Score:-10, Nutrition Score:16.07695646908%

Flavonoids

Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 2.05mg, Peonidin: 2.05mg, Peonidin: 2.05mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate:

0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 233.39kcal (11.67%), Fat: 10.25g (15.77%), Saturated Fat: 4.76g (29.74%), Carbohydrates: 31.51g (10.5%), Net Carbohydrates: 27.82g (10.12%), Sugar: 6.61g (7.34%), Cholesterol: 77.05mg (25.68%), Sodium: 615.69mg (26.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.02g (12.04%), Vitamin A: 13639.13IU (272.78%), Vitamin C: 27.86mg (33.77%), Manganese: 0.47mg (23.64%), Vitamin B1: 0.31mg (20.88%), Folate: 63.36µg (15.84%), Vitamin E: 2.28mg (15.22%), Selenium: 10.5µg (15%), Potassium: 524.54mg (14.99%), Fiber: 3.69g (14.76%), Vitamin B3: 2.73mg (13.66%), Magnesium: 54.14mg (13.54%), Vitamin B6: 0.27mg (13.29%), Iron: 2.09mg (11.62%), Phosphorus: 110.9mg (11.09%), Calcium: 109.2mg (10.92%), Vitamin B2: 0.18mg (10.71%), Vitamin B5: 0.9mg (8.95%), Copper: 0.16mg (7.89%), Zinc: 0.7mg (4.68%), Vitamin B12: 0.23µg (3.76%), Vitamin K: 3.5µg (3.34%), Vitamin D: 0.33µg (2.22%)