



Butternut Squash Casserole with Pecan Streusel

 Vegetarian

READY IN



55 min.

SERVINGS



10

CALORIES



302 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 1 cup firmly brown sugar light packed
- ☐ 0.3 cup butter melted
- ☐ 3 tablespoons butter cold cut into pieces
- ☐ 36 oz butternut squash frozen with mckenzie thawed cooked
- ☐ 2 large eggs lightly beaten
- ☐ 0.3 cup flour all-purpose

- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 cup half-and-half
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

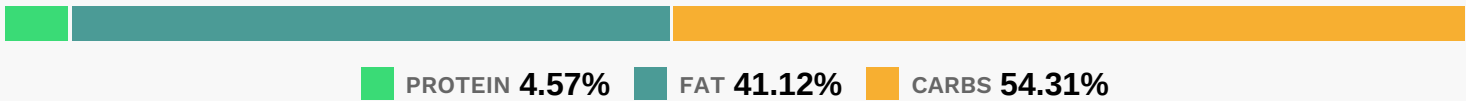
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Combine first 10 ingredients in a large bowl; stir well.
- ☐ Place in a lightly greased 11" x 7" baking dish.
- ☐ Combine flour and 1/4 cup brown sugar.
- ☐ Cut in 3 Tbsp. butter with a pastry blender until crumbly. Stir in nuts.
- ☐ Sprinkle over squash.
- ☐ Bake, uncovered, at 375 for 40 minutes or until edges are lightly browned.
- ☐ Let casserole stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:1.76, Inflammation Score:-10, Nutrition Score:13.37913049304%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg

Nutrients (% of daily need)

Calories: 302.08kcal (15.1%), Fat: 14.42g (22.18%), Saturated Fat: 6.61g (41.29%), Carbohydrates: 42.85g (14.28%), Net Carbohydrates: 40.12g (14.59%), Sugar: 29.74g (33.05%), Cholesterol: 62.67mg (20.89%), Sodium: 213.42mg (9.28%), Alcohol: 0.14g (100%), Alcohol %: 0.1% (100%), Protein: 3.61g (7.22%), Vitamin A: 11196.1IU (223.92%), Manganese: 0.54mg (27.17%), Vitamin C: 21.62mg (26.21%), Potassium: 455.73mg (13.02%), Vitamin E: 1.92mg (12.79%), Magnesium: 47.37mg (11.84%), Vitamin B1: 0.17mg (11.39%), Fiber: 2.73g (10.92%), Vitamin B6: 0.21mg (10.26%), Folate: 40.14µg (10.04%), Calcium: 98.78mg (9.88%), Phosphorus: 87.11mg (8.71%), Copper: 0.17mg (8.29%), Selenium: 5.67µg (8.1%), Iron: 1.39mg (7.75%), Vitamin B3: 1.53mg (7.67%), Vitamin B5: 0.71mg (7.05%), Vitamin B2: 0.12mg (6.83%), Zinc: 0.62mg (4.13%), Vitamin K: 2.3µg (2.19%), Vitamin B12: 0.13µg (2.15%), Vitamin D: 0.2µg (1.33%)