



Butternut Squash Cornbread

READY IN



25 min.

SERVINGS



6

CALORIES



189 kcal

Ingredients

- ☐ 6.5 oz just-add-water cornbread mix
- ☐ 4 oz butternut squash
- ☐ 0.3 cup milk
- ☐ 2 tablespoons butter melted
- ☐ 1 eggs

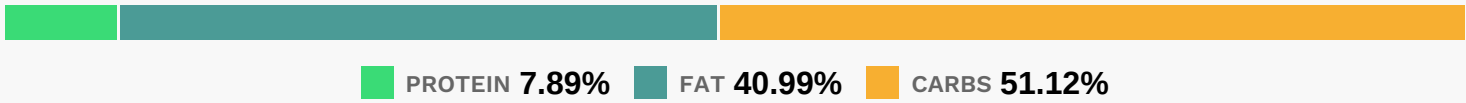
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 400°F. Generously spray 8-inch square or round pan with cooking spray.
- ☐ In medium bowl, mix all ingredients until blended.
- ☐ Spread in pan.
- ☐ Bake 16 to 18 minutes or until light golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:0.24, Inflammation Score:-9, Nutrition Score:7.2991303982942%

Nutrients (% of daily need)

Calories: 189.05kcal (9.45%), Fat: 8.65g (13.31%), Saturated Fat: 2.21g (13.84%), Carbohydrates: 24.28g (8.09%), Net Carbohydrates: 21.91g (7.97%), Sugar: 7.34g (8.16%), Cholesterol: 29.52mg (9.84%), Sodium: 311.24mg (13.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.5%), Vitamin A: 2272.84IU (45.46%), Phosphorus: 185.7mg (18.57%), Vitamin B1: 0.16mg (10.74%), Fiber: 2.37g (9.5%), Folate: 37.16µg (9.29%), Vitamin B2: 0.14mg (8.31%), Manganese: 0.14mg (6.88%), Vitamin B3: 1.27mg (6.37%), Selenium: 4.32µg (6.18%), Iron: 1.03mg (5.71%), Calcium: 48.76mg (4.88%), Vitamin C: 4.01mg (4.86%), Vitamin B6: 0.09mg (4.48%), Magnesium: 16.44mg (4.11%), Vitamin B5: 0.39mg (3.9%), Potassium: 133.64mg (3.82%), Vitamin E: 0.55mg (3.66%), Vitamin B12: 0.17µg (2.85%), Zinc: 0.35mg (2.36%), Copper: 0.05mg (2.26%), Vitamin D: 0.3µg (1.97%), Vitamin K: 1.81µg (1.72%)