



Butternut Squash Kugel I

 Dairy Free

READY IN



75 min.

SERVINGS



12

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 ounce butternut squash frozen cubed
- 3 eggs
- 1 cup flour all-purpose
- 0.5 cup butter
- 0.5 cup non-dairy creamer
- 0.8 cup sugar white

Equipment

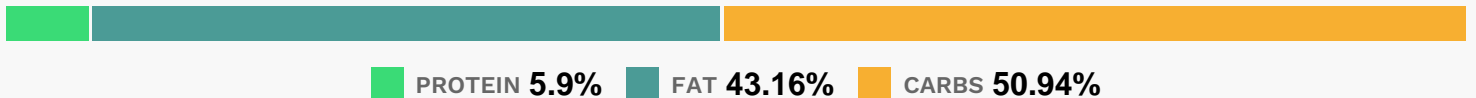
- bowl

- oven
- whisk
- pot
- baking pan

Directions

- Place the butternut squash into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 5 minutes.
- Drain and allow to steam dry for a minute or two.
- Preheat an oven to 350 degrees F (175 degrees C).
- Mash the margarine into the butternut squash in a large bowl.
- Whisk together the flour, eggs, sugar, and non-dairy creamer in a separate bowl. Stir flour mixture into the butternut squash.
- Spread mixture into a 9x13 inch baking pan.
- Sprinkle with cinnamon.
- Bake in the preheated oven until golden brown, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:12.09, Glycemic Load:14.48, Inflammation Score:-10, Nutrition Score:8.4965216828429%

Nutrients (% of daily need)

Calories: 200.39kcal (10.02%), Fat: 9.84g (15.13%), Saturated Fat: 2.14g (13.39%), Carbohydrates: 26.12g (8.71%), Net Carbohydrates: 25.08g (9.12%), Sugar: 14.52g (16.13%), Cholesterol: 40.92mg (13.64%), Sodium: 113.36mg (4.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.05%), Vitamin A: 4417.3IU (88.35%), Selenium: 7.28µg (10.4%), Vitamin C: 7.96mg (9.64%), Folate: 34.53µg (8.63%), Vitamin B1: 0.12mg (8.33%), Manganese: 0.15mg (7.55%), Vitamin E: 1.04mg (6.94%), Vitamin B2: 0.12mg (6.77%), Phosphorus: 54.08mg (5.41%), Vitamin B3: 1.08mg (5.4%), Iron: 0.95mg (5.28%), Potassium: 182.7mg (5.22%), Magnesium: 16.75mg (4.19%), Fiber: 1.04g (4.15%), Vitamin B6: 0.08mg (4.12%), Vitamin B5: 0.37mg (3.73%), Calcium: 29.73mg (2.97%), Copper: 0.05mg (2.55%), Zinc: 0.27mg (1.83%), Vitamin B12: 0.11µg (1.79%), Vitamin D: 0.22µg (1.47%)