



## Butternut Squash Mash

 Vegetarian  Gluten Free

READY IN



115 min.

SERVINGS



10

CALORIES



265 kcal

SIDE DISH

### Ingredients

- 2 tablespoons butter
- 10.5 pounds butternut squash
- 1 tablespoon sage fresh minced
- 2 small garlic
- 0.5 cup half and half
- 1 tablespoon olive oil
- 1 teaspoon pepper freshly ground
- 2 teaspoons salt

## Equipment

- bowl
- baking sheet
- sauce pan
- oven
- knife
- plastic wrap
- hand mixer
- casserole dish
- aluminum foil
- microwave
- chefs knife

## Directions

- To make squash easier to cut, prick squash with a paring knife; microwave each squash on HIGH 4 to 5 minutes. Carefully cut squash in half lengthwise using a sharp chef's knife, discarding seeds and membranes. Line 2 large baking sheets with aluminum foil; lightly grease foil. Arrange squash halves, cut side down, on baking sheets.
- Cut off pointed ends of garlic bulbs.
- Place garlic on a piece of aluminum foil, and drizzle with oil. Fold foil to seal; place on 1 baking sheet with squash.
- Place 1 baking sheet on upper oven rack; 1 on lower oven rack.
- Bake at 350 for 1 hour, switching baking sheet positions after 35 minutes.
- Let cool 10 minutes.
- Scoop out squash from shell, and place in a large bowl. Squeeze garlic cloves from bulbs; mash with a fork.
- Melt butter in a small saucepan over medium heat. Stir in half-and-half and next 3 ingredients; bring to a simmer.
- Remove from heat.

- Add herbed butter and mashed garlic to squash. Beat at medium speed with an electric mixer until smooth.
- Serve hot.
- Make Ahead: Prepare squash mash. Cool, cover, and chill up to 3 days. Reheat Butternut Squash Mash loosely covered with heavy-duty plastic wrap in the microwave on HIGH 6 to 8 minutes or until heated thoroughly, stirring after 4 minutes, or bake it in a covered casserole dish at 350 until hot.

## Nutrition Facts



### Properties

Glycemic Index:11.2, Glycemic Load:0.08, Inflammation Score:-10, Nutrition Score:33.196087027374%

### Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 264.89kcal (13.24%), Fat: 5.58g (8.58%), Saturated Fat: 2.6g (16.27%), Carbohydrates: 56.63g (18.88%), Net Carbohydrates: 46.99g (17.09%), Sugar: 10.99g (12.21%), Cholesterol: 10.26mg (3.42%), Sodium: 509.73mg (22.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.5%), Vitamin A: 50741.67IU (1014.83%), Vitamin C: 100.31mg (121.59%), Copper: 2.17mg (108.38%), Manganese: 1.06mg (52.93%), Potassium: 1700.85mg (48.6%), Vitamin E: 7.16mg (47.72%), Magnesium: 164.72mg (41.18%), Fiber: 9.63g (38.53%), Vitamin B6: 0.75mg (37.38%), Folate: 129.09µg (32.27%), Vitamin B1: 0.48mg (32.22%), Vitamin B3: 5.74mg (28.68%), Calcium: 248.44mg (24.84%), Vitamin B5: 1.95mg (19.5%), Iron: 3.45mg (19.16%), Phosphorus: 170.79mg (17.08%), Vitamin B2: 0.12mg (7.14%), Vitamin K: 6.77µg (6.45%), Zinc: 0.79mg (5.24%), Selenium: 2.89µg (4.13%)