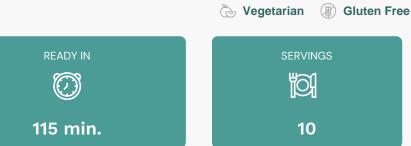


Butternut Squash Mash





SIDE DISH

Ingredients

Ш	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.	

Add herbed butter and mashed garlic to squash. Beat at medium speed with an electric mixed 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, 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: Og (100%), Alcohol %: O% (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%)