



HEALTH SCORE

51%

## Butternut Squash Mash



Vegetarian



Gluten Free

READY IN



120 min.

SERVINGS



10

CALORIES



263 kcal

SIDE DISH

## Ingredients

- ☐ 10.5 lb butternut squash
- ☐ 2 small fennel bulb
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons butter
- ☐ 1 tablespoon sage fresh finely chopped
- ☐ 2 teaspoons salt
- ☐ 1 teaspoon pepper freshly ground
- ☐ 1 leaves sage fresh

☐ 0.5 cup frangelico

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ aluminum foil
- ☐ microwave

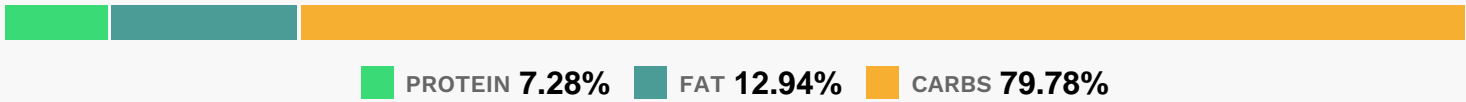
## Directions

- ☐ Prick each squash with paring knife. On microwavable plate, microwave squash, one at a time, on High 4 to 5 minutes. Carefully cut squash in half lengthwise, using chef's knife; discard seeds and membranes. Line 2 large cookie sheets with foil; spray foil with cooking spray.
- ☐ Place squash halves, cut sides down, on cookie sheets.
- ☐ Heat oven to 350°F.
- ☐ Cut off pointed ends of garlic bulbs.
- ☐ Place garlic on sheet of foil; drizzle with oil. Fold foil tightly to seal; place on 1 cookie sheet with squash.
- ☐ Place 1 cookie sheet on upper oven rack and 1 on lower oven rack.
- ☐ Bake 1 hour, switching positions after 35 minutes. Cool 10 minutes.
- ☐ Scoop out squash from shells and place in large bowl; cover to keep warm. Squeeze garlic from bulbs into small bowl; mash with fork.
- ☐ In 1-quart saucepan, melt butter over medium heat. Stir in half-and-half, chopped sage, salt and pepper; heat to simmering.
- ☐ Remove from heat.
- ☐ Add butter mixture and mashed garlic to squash. Beat with electric mixer on medium speed until smooth.

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Garnish with sage leaves.

# Nutrition Facts



## Properties

Glycemic Index:12.7, Glycemic Load:0.91, Inflammation Score:-10, Nutrition Score:35.560434811141%

## Flavonoids

Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 262.66kcal (13.13%), Fat: 4.28g (6.58%), Saturated Fat: 1.79g (11.21%), Carbohydrates: 59.32g (19.77%), Net Carbohydrates: 48.25g (17.55%), Sugar: 12.32g (13.69%), Cholesterol: 6.02mg (2.01%), Sodium: 526.58mg (22.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.83%), Vitamin A: 50761.49IU (1015.23%), Vitamin C: 105.63mg (128.04%), Copper: 2.21mg (110.4%), Manganese: 1.14mg (56.91%), Potassium: 1876.24mg (53.61%), Vitamin E: 7.4mg (49.32%), Fiber: 11.07g (44.28%), Magnesium: 171.33mg (42.83%), Vitamin B6: 0.76mg (37.81%), Folate: 141.35µg (35.34%), Vitamin K: 36µg (34.28%), Vitamin B1: 0.48mg (32.21%), Vitamin B3: 6.02mg (30.09%), Calcium: 257.36mg (25.74%), Iron: 3.77mg (20.97%), Vitamin B5: 2.02mg (20.2%), Phosphorus: 181.78mg (18.18%), Vitamin B2: 0.11mg (6.61%), Zinc: 0.83mg (5.5%), Selenium: 2.75µg (3.93%)