



## Butternut Squash Spoon Bread

READY IN



105 min.

SERVINGS



8

CALORIES



256 kcal

### Ingredients

- ☐ 24 oz butternut squash refrigerated chopped (5 cups)
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup butter melted
- ☐ 1 cup milk
- ☐ 1 tablespoon sage dried fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 4 eggs separated
- ☐ 0.3 cup walnut pieces toasted finely chopped

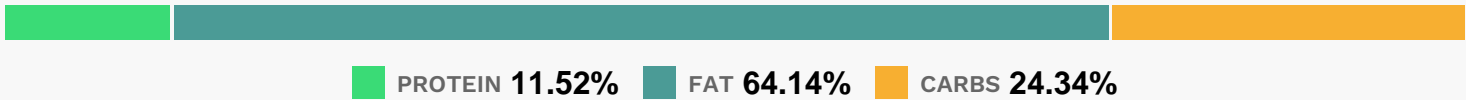
# Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ ramekin
- ☐ hand mixer

# Directions

- ☐ Heat oven to 425°F. Spray 15x10x1-inch pan with cooking spray.
- ☐ Place squash in single layer in pan.
- ☐ Bake 40 minutes, stirring after 20 minutes, or until tender. Cool 5 minutes. Reduce oven temperature to 350°F.
- ☐ Spray 8 (4-oz) custard cups or ramekins with cooking spray.
- ☐ Place cups on cookie sheet. In food processor, place squash, cheese, flour, butter, milk, sage, salt and egg yolks. Cover; process, using quick on-and-off motions, until well blended. Spoon squash mixture into large bowl.
- ☐ In medium bowl, beat egg whites with electric mixer on high speed until stiff peaks form. Fold into squash mixture. Divide evenly among custard cups.
- ☐ Bake 35 to 40 minutes or until slightly puffed and golden brown.
- ☐ Sprinkle with walnuts.
- ☐ Serve warm.

# Nutrition Facts



# Properties

Glycemic Index:16.63, Glycemic Load:2.75, Inflammation Score:-10, Nutrition Score:18.453043419382%

## Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

## Nutrients (% of daily need)

Calories: 255.57kcal (12.78%), Fat: 18.78g (28.9%), Saturated Fat: 4.86g (30.39%), Carbohydrates: 16.04g (5.35%), Net Carbohydrates: 13.93g (5.07%), Sugar: 3.53g (3.92%), Cholesterol: 90.94mg (30.31%), Sodium: 434.93mg (18.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.59g (15.18%), Vitamin A: 9771.15IU (195.42%), Copper: 2.42mg (120.86%), Vitamin C: 17.94mg (21.74%), Manganese: 0.41mg (20.55%), Selenium: 11.45µg (16.36%), Phosphorus: 162.47mg (16.25%), Calcium: 159.34mg (15.93%), Vitamin E: 1.97mg (13.14%), Vitamin B2: 0.21mg (12.48%), Potassium: 416.47mg (11.9%), Magnesium: 45.74mg (11.44%), Folate: 44.55µg (11.14%), Vitamin B6: 0.21mg (10.73%), Vitamin B1: 0.16mg (10.63%), Vitamin B5: 0.86mg (8.61%), Fiber: 2.11g (8.42%), Iron: 1.38mg (7.67%), Vitamin B12: 0.46µg (7.65%), Vitamin B3: 1.35mg (6.74%), Zinc: 0.96mg (6.41%), Vitamin D: 0.81µg (5.38%), Vitamin K: 1.31µg (1.25%)