



Butternut Squash Spread on Cheese Croutons

READY IN



45 min.

SERVINGS



48

CALORIES



69 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1.5 cups asiago cheese divided freshly grated
- 1 baguette cut into 48 thin slices
- 3 tablespoons butter melted
- 1 medium butternut squash
- 8 ounce cream cheese softened
- 2 teaspoons rosemary fresh chopped
- 2 teaspoons thyme leaves fresh chopped
- 3 cloves garlic minced
- 0.5 cup olive oil

- 0.5 cup pecans toasted chopped
- 48 servings salt and pepper
- 1 tablespoon sugar
- 1 small sprigs garnishes: of thyme and rosemary fresh

Equipment

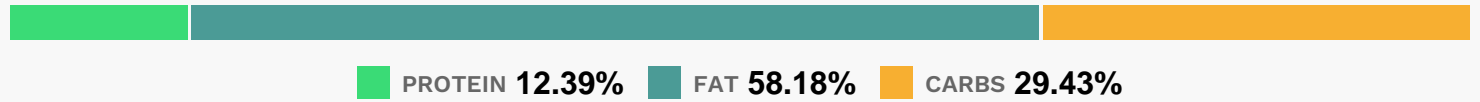
- bowl
- frying pan
- baking sheet
- oven
- baking pan

Directions

- Cut squash in half lengthwise; remove and discard seeds.
- Place squash, cut side down, in a 13" x 9" baking dish.
- Add hot water to dish to depth of 1".
- Bake, uncovered, at 350 for 1 hour or until squash is tender.
- Remove squash pulp, discarding shells. Mash pulp, and place in a large bowl.
- Saut garlic in butter in a small skillet over medium-high heat until golden.
- Add garlic to squash pulp in bowl.
- Add cream cheese, 1/2 cup Asiago cheese, and next 3 ingredients to bowl; mash until blended. Stir in pecans.
- Place baguette slices on 2 large ungreased baking sheets; brush or drizzle olive oil over baguette slices.
- Sprinkle with salt and pepper.
- Bake at 400 for 4 minutes.
- Sprinkle baguette slices with remaining 1 cup Asiago cheese.
- Bake 2 more minutes or until cheese melts.
- Spoon 1 tablespoon squash mixture onto each cheese crouton.

Place on a serving tray, and garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:6.79, Glycemic Load:2.02, Inflammation Score:-8, Nutrition Score:3.8978261445527%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 68.78kcal (3.44%), Fat: 4.57g (7.02%), Saturated Fat: 1.78g (11.11%), Carbohydrates: 5.2g (1.73%), Net Carbohydrates: 4.65g (1.69%), Sugar: 1.09g (1.21%), Cholesterol: 6.9mg (2.3%), Sodium: 299.81mg (13.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.38%), Vitamin A: 1785.82IU (35.72%), Manganese: 0.11mg (5.67%), Calcium: 56.51mg (5.65%), Vitamin C: 3.52mg (4.27%), Phosphorus: 40.59mg (4.06%), Vitamin B1: 0.06mg (3.75%), Selenium: 2.16µg (3.08%), Folate: 10.75µg (2.69%), Vitamin E: 0.4mg (2.64%), Vitamin B2: 0.04mg (2.57%), Magnesium: 10.09mg (2.52%), Vitamin B3: 0.45mg (2.27%), Potassium: 77.06mg (2.2%), Fiber: 0.55g (2.2%), Iron: 0.37mg (2.08%), Vitamin B6: 0.04mg (2.01%), Copper: 0.03mg (1.72%), Zinc: 0.23mg (1.53%), Vitamin B5: 0.14mg (1.35%)