



Butternut Squash Spread with Pepitas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



17 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1.5 cups butternut squash cubed peeled () (1 pound)
- ☐ 2 tablespoons pumpkinseed kernels unsalted toasted
- ☐ 1.5 teaspoons sage fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon olive oil
- ☐ 0.5 cup onion diced
- ☐ 1 Dash pepper red crushed

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sun-dried tomatoes packed chopped

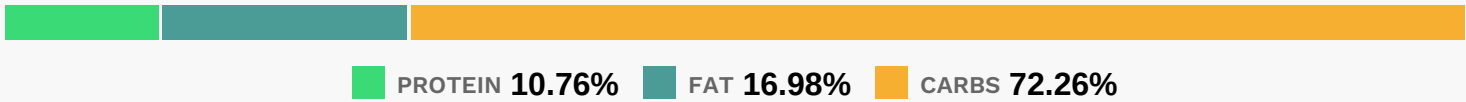
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place butternut squash in a medium saucepan; cover with water 2 inches above squash. Bring to a boil; cover, reduce heat, and cook 15 minutes or until tender.
- ☐ Drain.
- ☐ Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add onion to pan; saut 4 minutes or until tender.
- ☐ Add sage and next 4 ingredients (through red pepper); saut 2 minutes. Cool.
- ☐ Place squash, onion mixture, and sun-dried tomatoes in a food processor; process until smooth. Spoon into a medium bowl; sprinkle with pumpkinseed kernels.

Nutrition Facts



Properties

Glycemic Index:7.44, Glycemic Load:0.36, Inflammation Score:-7, Nutrition Score:4.0243478080501%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 16.68kcal (0.83%), Fat: 0.35g (0.55%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 3.39g (1.13%), Net Carbohydrates: 2.77g (1.01%), Sugar: 1.23g (1.37%), Cholesterol: 0mg (0%), Sodium: 42.87mg (1.86%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 0.51g (1.01%), Copper: 0.61mg (30.31%), Vitamin A: 1413.11IU (28.26%), Vitamin C: 3.95mg (4.78%), Manganese: 0.09mg (4.7%), Potassium: 117.54mg (3.36%), Fiber: 0.62g (2.49%), Magnesium: 8.99mg (2.25%), Vitamin B6: 0.04mg (1.87%), Vitamin B1: 0.03mg (1.77%), Vitamin B3: 0.34mg (1.7%), Iron: 0.3mg (1.64%), Folate: 6.36µg (1.59%), Vitamin E: 0.23mg (1.54%), Phosphorus: 13.44mg (1.34%), Calcium: 11.42mg (1.14%), Vitamin K: 1.09µg (1.04%), Vitamin B5: 0.1mg (1.04%)