



Butternut Squash Supreme

READY IN



70 min.

SERVINGS



8

CALORIES



213 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 3 pounds butternut squash cubed peeled
- 0.5 cup round buttery crackers crushed butter-flavored (12 crackers)
- 2 eggs beaten
- 0.8 cup milk
- 1 medium onion chopped
- 0.3 teaspoon pepper
- 1 teaspoon salt
- 4 ounces cheddar cheese shredded

Equipment

- bowl
- sauce pan
- oven
- knife
- baking pan

Directions

- Place squash in a saucepan and cover with water; bring to a boil. Reduce heat; cover and simmer for 15–20 minutes or until very tender. drain well and place in a large bowl; mash. In another bowl, combine the eggs, cheese, onion, milk, salt and pepper; add to the mashed squash and mix well.
- Transfer to a greased 2–qt. baking dish.
- Sprinkle with cracker crumbs. Dot with butter.
- Bake, uncovered, at 350° for 40–45 minutes or until a knife comes out clean.

Nutrition Facts

PROTEIN 13.5% **FAT 41.94%** **CARBS 44.56%**

Properties

Glycemic Index:21.75, Glycemic Load:0.79, Inflammation Score:-10, Nutrition Score:17.601739074873%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 213.03kcal (10.65%), Fat: 10.49g (16.14%), Saturated Fat: 5.54g (34.61%), Carbohydrates: 25.09g (8.36%), Net Carbohydrates: 21.35g (7.76%), Sugar: 5.82g (6.47%), Cholesterol: 65.36mg (21.79%), Sodium: 470.65mg (20.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.6g (15.2%), Vitamin A: 18407.9IU (368.16%), Vitamin C: 36.74mg (44.53%), Calcium: 226.39mg (22.64%), Manganese: 0.4mg (19.79%), Potassium: 685.42mg (19.58%), Vitamin E: 2.9mg (19.32%), Phosphorus: 181.1mg (18.11%), Magnesium: 68mg (17%), Vitamin B6: 0.32mg (16.17%),

Fiber: 3.74g (14.95%), Folate: 59.5µg (14.88%), Vitamin B1: 0.21mg (14.3%), Selenium: 8.95µg (12.79%), Vitamin B3: 2.28mg (11.41%), Vitamin B2: 0.19mg (11.37%), Vitamin B5: 1.03mg (10.28%), Iron: 1.61mg (8.95%), Copper: 0.15mg (7.32%), Zinc: 1.06mg (7.08%), Vitamin B12: 0.38µg (6.29%), Vitamin K: 4.59µg (4.37%), Vitamin D: 0.56µg (3.71%)