



Butternut Squash With Cranberries and Almonds

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



278 kcal

SIDE DISH

Ingredients

- 1 tablespoon brown sugar
- 2 tablespoons butter
- 1 small butternut squash peeled cut into bite-size cubes
- 1.5 cups chicken stock see
- 3 tablespoons cranberries dried orange-flavored
- 1 tablespoon olive oil
- 0.5 small onion red sliced

- 4 servings salt to taste
- 2 tablespoons slivered almonds

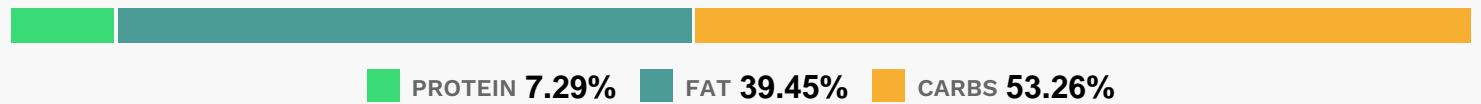
Equipment

- frying pan
- sauce pan

Directions

- Bring chicken stock, butternut squash, red onion, and cranberries to a boil in a saucepan, reduce heat to low, and simmer until squash is tender when pierced with a fork, about 15 minutes.
- Drain.
- Heat butter and olive oil together in a large skillet over medium heat. Gently stir butternut squash mixture into hot butter and oil; sprinkle with brown sugar. Gently flip vegetables when browned, about 5 minutes per side.
- Sprinkle with almonds, Parmesan cheese, and salt.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:0.33, Inflammation Score:-10, Nutrition Score:18.365652134237%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.82mg, Isorhamnetin: 0.82mg, Isorhamnetin: 0.82mg, Isorhamnetin: 0.82mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg

Nutrients (% of daily need)

Calories: 278.4kcal (13.92%), Fat: 13.08g (20.12%), Saturated Fat: 4.61g (28.84%), Carbohydrates: 39.72g (13.24%), Net Carbohydrates: 34.52g (12.55%), Sugar: 17.43g (19.37%), Cholesterol: 17.75mg (5.92%), Sodium: 377.07mg (16.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.87%), Vitamin A: 20109.21IU (402.18%), Vitamin C: 40.6mg (49.21%), Vitamin E: 4.91mg (32.75%), Manganese: 0.54mg (27.15%), Potassium: 822.48mg (23.5%), Fiber: 5.2g (20.82%), Magnesium: 83.09mg (20.77%), Vitamin B3: 3.94mg (19.68%), Vitamin B6: 0.37mg (18.64%), Vitamin B1: 0.24mg (15.83%), Folate: 60.18µg (15.04%), Copper: 0.25mg (12.46%), Phosphorus: 116.91mg (11.69%), Calcium: 114.65mg (11.46%), Vitamin B2: 0.18mg (10.6%), Iron: 1.8mg (10.02%), Vitamin B5: 0.83mg (8.26%), Vitamin K: 5.75µg (5.48%), Selenium: 3.37µg (4.81%), Zinc: 0.61mg (4.04%)