



Butternut Squash with Orange-Butter Glaze



Gluten Free



Dairy Free



Low Fod Map

READY IN



85 min.

SERVINGS



8

CALORIES



152 kcal

SIDE DISH

Ingredients

- ☐ 3 lb butternut squash cut into 8 pieces
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup butter melted
- ☐ 0.3 cup orange marmalade
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon nutmeg

Equipment

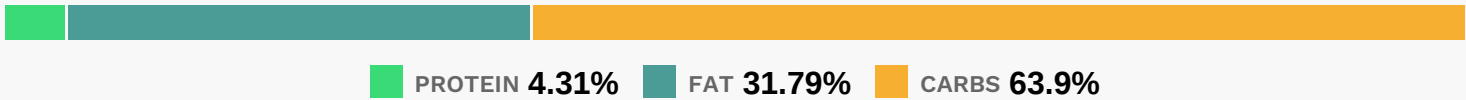
- ☐ bowl

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- ☐ Place squash, cut sides up, in baking dish.
- ☐ Cover with foil; bake 45 minutes.
- ☐ Sprinkle with salt. In small bowl, mix butter, marmalade, cinnamon and nutmeg; brush over squash.
- ☐ Bake 20 to 30 minutes longer or until glazed and tender.

Nutrition Facts



Properties

Glycemic Index:9.38, Glycemic Load:0.01, Inflammation Score:-10, Nutrition Score:13.669130444203%

Nutrients (% of daily need)

Calories: 152.47kcal (7.62%), Fat: 5.89g (9.07%), Saturated Fat: 1.23g (7.68%), Carbohydrates: 26.64g (8.88%), Net Carbohydrates: 23.13g (8.41%), Sugar: 9.75g (10.84%), Cholesterol: 0mg (0%), Sodium: 224.65mg (9.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.6%), Vitamin A: 18341.48IU (366.83%), Vitamin C: 36.22mg (43.9%), Manganese: 0.36mg (17.89%), Vitamin E: 2.68mg (17.85%), Potassium: 605.83mg (17.31%), Magnesium: 58.34mg (14.59%), Fiber: 3.51g (14.05%), Vitamin B6: 0.26mg (13.23%), Folate: 46.92µg (11.73%), Vitamin B1: 0.17mg (11.43%), Vitamin B3: 2.05mg (10.25%), Calcium: 88.35mg (8.83%), Vitamin B5: 0.69mg (6.88%), Iron: 1.21mg (6.74%), Copper: 0.13mg (6.61%), Phosphorus: 58.27mg (5.83%), Vitamin B2: 0.04mg (2.31%), Vitamin K: 1.89µg (1.8%), Zinc: 0.26mg (1.74%), Selenium: 0.91µg (1.3%)