



HEALTH SCORE

62%

Chai-Spiced Winter Squash Puree



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



172 kcal

BEVERAGE

DRINK

Ingredients



0.3 teaspoon pepper black freshly ground



1 tablespoon brown sugar



10 cup butternut squash cubed peeled (1-inch) ()



1 Dash ground cloves



0.1 teaspoon ground cardamom



0.3 teaspoon ground cinnamon



0.1 teaspoon ground cumin



0.1 teaspoon ground ginger

- ☐ 2 tablespoons olive oil
- ☐ 1 large onion cut into 1-inch pieces
- ☐ 1 Dash pepper white
- ☐ 0.5 teaspoon salt
- ☐ 2 large shallots peeled quartered
- ☐ 0.3 cup water

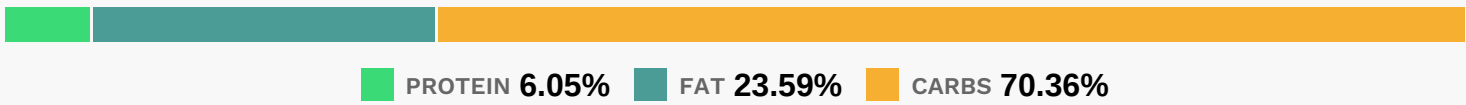
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 12 ingredients in a large bowl, tossing well to coat.
- ☐ Place squash mixture on a foil-lined jelly-roll pan.
- ☐ Bake at 375 for 50 minutes or until tender.
- ☐ Place squash mixture, 1/4 cup water, and brown sugar in a food processor; process until smooth.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:0.87, Inflammation Score:-10, Nutrition Score:18.633912946867%

Flavonoids

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: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

Nutrients (% of daily need)

Calories: 171.64kcal (8.58%), Fat: 4.98g (7.66%), Saturated Fat: 0.72g (4.47%), Carbohydrates: 33.39g (11.13%), Net Carbohydrates: 27.85g (10.13%), Sugar: 8.8g (9.78%), Cholesterol: 0mg (0%), Sodium: 206.85mg (8.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.75%), Vitamin A: 24805.68IU (496.11%), Vitamin C: 51.57mg (62.51%), Manganese: 0.69mg (34.46%), Vitamin E: 4.06mg (27.06%), Potassium: 893.46mg (25.53%), Fiber: 5.55g (22.18%), Magnesium: 84.98mg (21.24%), Vitamin B6: 0.42mg (21.03%), Folate: 70.69µg (17.67%), Vitamin B1: 0.25mg (16.71%), Vitamin B3: 2.86mg (14.3%), Calcium: 126.25mg (12.62%), Iron: 1.93mg (10.71%), Vitamin B5: 0.99mg (9.93%), Copper: 0.19mg (9.6%), Phosphorus: 90.33mg (9.03%), Vitamin K: 5.94µg (5.66%), Vitamin B2: 0.06mg (3.3%), Zinc: 0.44mg (2.95%), Selenium: 1.47µg (2.09%)