



Cheesy Stuffed Butternut Squash

READY IN



89 min.

SERVINGS



29

CALORIES



40 kcal

SIDE DISH

Ingredients

- 1 Tbsp butter melted
- 2 lb butternut squash
- 0.5 cup knudsen cream sour
- 1 Tbsp chives fresh chopped
- 0.3 cup ritz crackers crushed
- 0.8 cup sharp cheddar cheese shredded kraft
- 0.1 tsp paprika smoked
- 1 cup water

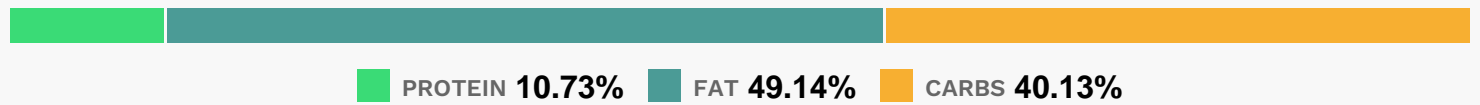
Equipment

- bowl
- oven
- knife
- baking pan
- cutting board

Directions

- Heat oven to 425F.
- Cut squash lengthwise in half; scoop out seeds.
- Add water to 13x9-inch baking dish; place squash, cut sides down, in dish. Cover.
- Bake 40 min. or until squash is tender when pierced with knife. Cool 10 min.
- Transfer squash to cutting board; drain liquid from dish.
- Scoop out squash into medium bowl, leaving 1/4-inch-thick shells.
- Add cheese, sour cream, chives and paprika to squash flesh; mix well. Spoon into shells.
- Combine cracker crumbs and butter; sprinkle over squash. Return to baking dish.
- Bake 22 to 24 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:4.72, Glycemic Load:0.02, Inflammation Score:-9, Nutrition Score:5.162173980928%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 39.96kcal (2%), Fat: 2.31g (3.56%), Saturated Fat: 1.25g (7.8%), Carbohydrates: 4.25g (1.42%), Net Carbohydrates: 3.61g (1.31%), Sugar: 0.88g (0.98%), Cholesterol: 6.31mg (2.1%), Sodium: 29.72mg (1.29%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.27%), Vitamin A: 3400.27IU (68.01%), Vitamin C: 6.67mg (8.08%), Calcium: 40.96mg (4.1%), Vitamin E: 0.52mg (3.46%), Potassium: 118.56mg (3.39%), Manganese: 0.07mg (3.36%), Magnesium: 12.07mg (3.02%), Phosphorus: 28.34mg (2.83%), Vitamin B6: 0.05mg (2.62%), Fiber: 0.64g (2.57%), Folate: 9.8µg (2.45%), Vitamin B1: 0.04mg (2.36%), Vitamin B3: 0.41mg (2.04%), Selenium: 1.16µg (1.66%), Vitamin B2: 0.03mg (1.62%), Vitamin B5: 0.15mg (1.54%), Iron: 0.25mg (1.41%), Copper: 0.03mg (1.32%), Zinc: 0.17mg (1.15%)