



Chipotle Butternut Mash



Vegetarian



Gluten Free

READY IN



38 min.

SERVINGS



8

CALORIES



190 kcal

SIDE DISH

Ingredients

- ☐ 3.5 lb butternut squash
- ☐ 1 chipotle pepper in adobo sauce canned
- ☐ 0.3 cup firmly cilantro leaves fresh packed
- ☐ 8 oz cream cheese softened
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1.3 teaspoons salt

Equipment

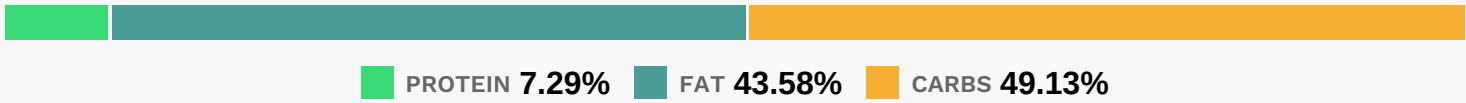
- ☐ food processor

- ☐ bowl
- ☐ microwave
- ☐ dutch oven

Directions

- ☐ Cut each squash lengthwise into 4 pieces; remove and discard seeds. Bring squash and salted water to cover to a boil in a Dutch oven; cook 15 to 18 minutes or until fork-tender.
- ☐ Drain and let cool 15 minutes. Peel squash, and cut into large pieces.
- ☐ Process squash, cream cheese, and next 3 ingredients in a food processor 30 seconds to 1 minute or until smooth, stopping to scrape down sides as needed.
- ☐ Add cilantro, and pulse 5 to 6 times or until cilantro is chopped.
- ☐ Transfer squash mixture to a microwave-safe bowl. Microwave at HIGH 1 to 2 minutes or until thoroughly heated, stirring at 1-minute intervals.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.42, Inflammation Score:-10, Nutrition Score:16.116086980571%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 190.36kcal (9.52%), Fat: 9.95g (15.31%), Saturated Fat: 5.77g (36.05%), Carbohydrates: 25.25g (8.42%), Net Carbohydrates: 21.07g (7.66%), Sugar: 5.59g (6.21%), Cholesterol: 28.63mg (9.54%), Sodium: 460.6mg (20.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.49%), Vitamin A: 21510.39IU (430.21%), Vitamin C: 42.37mg (51.36%), Potassium: 740.83mg (21.17%), Vitamin E: 3.12mg (20.79%), Manganese: 0.41mg (20.37%), Magnesium: 70.31mg (17.58%), Fiber: 4.18g (16.71%), Vitamin B6: 0.32mg (16.15%), Folate: 56.63µg (14.16%), Vitamin B1: 0.21mg (13.72%), Calcium: 123.58mg (12.36%), Vitamin B3: 2.42mg (12.08%), Phosphorus: 96.32mg (9.63%), Vitamin B5: 0.96mg (9.61%), Iron: 1.48mg (8.22%), Copper: 0.15mg (7.49%), Vitamin B2: 0.11mg (6.23%), Selenium: 3.44µg (4.91%), Vitamin K: 4.34µg (4.13%), Zinc: 0.44mg (2.96%), Vitamin B12: 0.06µg (1.04%)