



Crumb-Topped Butternut Squash

 Vegetarian  Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



86 kcal

SIDE DISH

Ingredients

- 1.5 lb butternut squash peeled cut into 1/2-inch cubes (3 1/2 cups)
- 2 tablespoons flour all-purpose
- 2 tablespoons juice of lemon
- 1 teaspoon ground cinnamon
- 0.3 teaspoon salt
- 0.3 cup breadcrumbs dry (any flavor)
- 2 tablespoons chicken broth (from 32-oz carton)

Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 350° F. Spray 8-inch square pan with cooking spray. In large bowl, mix all ingredients except bread crumbs and broth.
- Spread in pan.
- Bake uncovered about 50 minutes or until squash is tender.
- Set oven control to broil.
- Mix bread crumbs and broth; sprinkle over squash. Broil squash with top about 4 inches from heat about 3 minutes or until bread crumbs are brown.

Nutrition Facts

PROTEIN 9.62% **FAT 4.63%** **CARBS 85.75%**

Properties

Glycemic Index:13.33, Glycemic Load:1.38, Inflammation Score:-10, Nutrition Score:12.073043413784%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 86.05kcal (4.3%), Fat: 0.48g (0.74%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 20.12g (6.71%), Net Carbohydrates: 17.32g (6.3%), Sugar: 3.03g (3.36%), Cholesterol: 0.1mg (0.03%), Sodium: 164.03mg (7.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.51%), Vitamin A: 12055.6IU (241.11%), Vitamin C: 25.76mg (31.23%), Manganese: 0.36mg (18.13%), Vitamin B1: 0.19mg (12.89%), Potassium: 421.1mg (12.03%), Fiber: 2.8g (11.19%), Vitamin E: 1.66mg (11.04%), Folate: 42.63µg (10.66%), Magnesium: 42.24mg (10.56%), Vitamin B3: 1.93mg (9.63%), Vitamin B6: 0.19mg (9.29%), Calcium: 69.69mg (6.97%), Iron: 1.24mg (6.86%), Copper: 0.1mg (5.17%), Phosphorus: 50.83mg (5.08%), Vitamin B5: 0.51mg (5.06%), Selenium: 2.96µg (4.23%), Vitamin B2: 0.06mg (3.71%), Zinc: 0.29mg (1.91%), Vitamin K: 1.75µg (1.67%)