

Curried Winter Squash



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon cayenne pepper to taste
- ☐ 1.5 tablespoons curry powder
- ☐ 2 tablespoons maple syrup
- ☐ 0.5 teaspoon salt to taste
- ☐ 3 cups winter squash cooked mashed

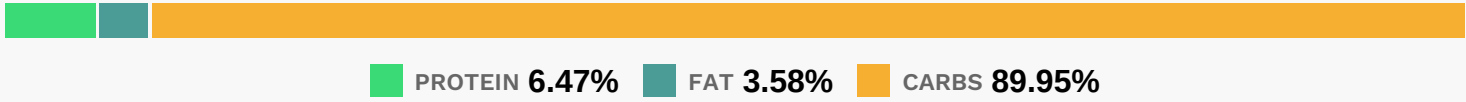
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐
- In a medium bowl, combine first six ingredients. Microwave on high until heated through, about 5 minutes.
- ☐
- Sprinkle on coconut, if desired.
- ☐
- Serve.

Nutrition Facts



Properties

Glycemic Index:12.25, Glycemic Load:1.67, Inflammation Score:-10, Nutrition Score:12.107391321141%

Nutrients (% of daily need)

Calories: 76.37kcal (3.82%), Fat: 0.34g (0.52%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 19.24g (6.41%), Net Carbohydrates: 16.35g (5.95%), Sugar: 6.65g (7.39%), Cholesterol: 0mg (0%), Sodium: 199.93mg (8.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.77%), Vitamin A: 12624.12IU (252.48%), Vitamin C: 25.08mg (30.4%), Manganese: 0.46mg (22.94%), Vitamin E: 2.06mg (13.72%), Potassium: 456.26mg (13.04%), Fiber: 2.89g (11.55%), Magnesium: 45.56mg (11.39%), Vitamin B6: 0.2mg (10.07%), Folate: 34.34µg (8.58%), Vitamin B1: 0.13mg (8.45%), Vitamin B3: 1.48mg (7.42%), Iron: 1.29mg (7.15%), Calcium: 71.46mg (7.15%), Vitamin B2: 0.11mg (6.67%), Copper: 0.1mg (4.89%), Vitamin B5: 0.47mg (4.73%), Phosphorus: 44.52mg (4.45%), Vitamin K: 2.87µg (2.73%), Zinc: 0.29mg (1.92%), Selenium: 0.86µg (1.22%)