



Glazed Butternut Squash



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



274 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup apple cider
- ☐ 2 tablespoons butter
- ☐ 3 pounds butternut squash peeled
- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.5 teaspoon pepper
- ☐ 1 tablespoon sage dried fresh chopped
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon sugar

☐ 0.3 cup water

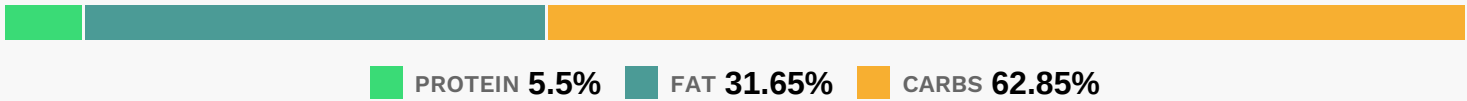
Equipment

☐ frying pan

Directions

- ☐ Cut squash in half lengthwise; remove and discard seeds.
- ☐ Cut each half into 4 wedges; cut wedges into 2-inch pieces.
- ☐ Stir together squash, 1/2 cup apple cider, and next 5 ingredients in a 12-inch, deep-sided, nonstick skillet over medium-high heat; bring to a boil. Cover, reduce heat, and simmer, gently stirring occasionally, 25 minutes. Uncover and cook 5 minutes or until liquid thickens and squash is tender. Gently stir in pecans and sage until well combined.
- ☐ *3 lb. sweet potatoes may be substituted for butternut squash and 1/2 cup apple juice may be substituted for apple cider.

Nutrition Facts



Properties

Glycemic Index:50.71, Glycemic Load:3.49, Inflammation Score:-10, Nutrition Score:28.524782489823%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 273.96kcal (13.7%), Fat: 10.6g (16.31%), Saturated Fat: 4.1g (25.65%), Carbohydrates: 47.37g (15.79%), Net Carbohydrates: 39.74g (14.45%), Sugar: 13.57g (15.08%), Cholesterol: 15.05mg (5.02%), Sodium: 642.06mg (27.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.3%), Vitamin A: 36342.71IU (726.85%), Copper: 4.88mg (243.8%), Vitamin C: 71.77mg (87%), Manganese: 1.17mg (58.51%), Potassium: 1264.23mg (36.12%), Vitamin E: 5.15mg (34.36%), Magnesium: 127.91mg (31.98%), Fiber: 7.63g (30.51%), Vitamin B6: 0.54mg (27.16%),

Vitamin B1: 0.39mg (26.15%), Folate: 93.47µg (23.37%), Vitamin B3: 4.18mg (20.91%), Calcium: 183.44mg (18.34%), Iron: 2.77mg (15.41%), Vitamin B5: 1.44mg (14.4%), Phosphorus: 134.1mg (13.41%), Zinc: 0.84mg (5.58%), Vitamin B2: 0.09mg (5.08%), Vitamin K: 4.86µg (4.63%), Selenium: 2.07µg (2.95%)