



Kabocha Squash Puree



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



197 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup brown sugar packed
- ☐ 3 tablespoons butter melted
- ☐ 3 pound kabocha squash
- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup water

Equipment

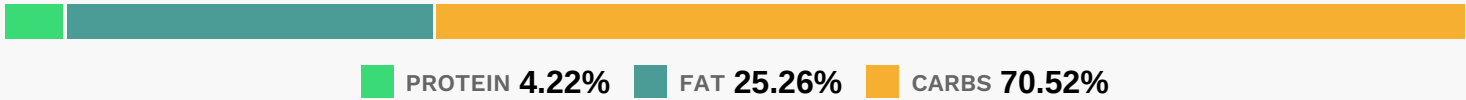
- ☐ food processor

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 45
- ☐ Cut squash in half, and discard seeds.
- ☐ Place the squash halves, cut sides down, in a 13 x 9-inch glass or ceramic baking dish, and add 1/2 cup water to dish. Cover and bake at 450 for 40 minutes or until squash is tender.
- ☐ Remove the squash from pan, and let stand for 10 minutes.
- ☐ Remove pulp from skin, and discard skin.
- ☐ Combine squash pulp, 1/2 cup brown sugar, and the remaining ingredients in a food processor, and process until smooth.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0.01, Inflammation Score:-9, Nutrition Score:11.358695753891%

Nutrients (% of daily need)

Calories: 197.18kcal (9.86%), Fat: 5.97g (9.19%), Saturated Fat: 3.66g (22.88%), Carbohydrates: 37.52g (12.51%), Net Carbohydrates: 34.1g (12.4%), Sugar: 22.78g (25.31%), Cholesterol: 15.05mg (5.02%), Sodium: 350.9mg (15.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.49%), Vitamin A: 3275.69IU (65.51%), Vitamin C: 27.9mg (33.81%), Potassium: 821.02mg (23.46%), Manganese: 0.39mg (19.64%), Vitamin B6: 0.36mg (18.09%), Folate: 54.84µg (13.71%), Fiber: 3.42g (13.69%), Copper: 0.17mg (8.71%), Magnesium: 33.89mg (8.47%), Vitamin B2: 0.14mg (8.42%), Calcium: 81.54mg (8.15%), Iron: 1.46mg (8.1%), Vitamin B3: 1.16mg (5.79%), Phosphorus: 54.71mg (5.47%), Vitamin B5: 0.46mg (4.59%), Vitamin B1: 0.07mg (4.57%), Zinc: 0.49mg (3.28%), Vitamin K: 3.12µg (2.97%), Vitamin E: 0.44mg (2.9%), Selenium: 1.2µg (1.72%)