



## Maple-Braised Butternut Squash



Vegetarian



Gluten Free



Popular



Low Fod Map

READY IN



35 min.

SERVINGS



8

CALORIES



102 kcal

SIDE DISH

### Ingredients

- ☐ 5 tablespoons butter
- ☐ 1 teaspoon kosher salt
- ☐ 1 teaspoon thyme dried
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup maple syrup
- ☐ 1.5 cups turkey broth

### Equipment

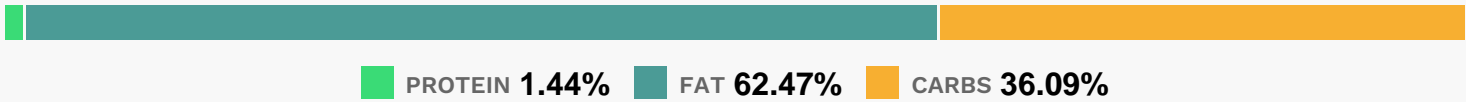
- ☐ bowl

- ☐ frying pan
- ☐ slotted spoon

## Directions

- ☐ Melt butter in heavy large deep skillet over high heat.
- ☐ Add squash and sauté 1–2 minutes.
- ☐ Add broth, syrup, salt, and pepper and bring to boil. Cover, reduce heat to medium, and cook until squash is almost tender, 8 to 10 minutes. Using slotted spoon, transfer squash to large bowl. Boil liquid in skillet until thickened, 3 to 4 minutes. Return squash to skillet. Cook until tender, turning occasionally, 3 to 4 minutes. Season with more thyme, if desired.

## Nutrition Facts



## Properties

Glycemic Index:14.81, Glycemic Load:3.31, Inflammation Score:-2, Nutrition Score:2.1078261226092%

## Nutrients (% of daily need)

Calories: 102.11kcal (5.11%), Fat: 7.2g (11.08%), Saturated Fat: 4.51g (28.17%), Carbohydrates: 9.36g (3.12%), Net Carbohydrates: 9.3g (3.38%), Sugar: 8.24g (9.15%), Cholesterol: 19.69mg (6.56%), Sodium: 511.71mg (22.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.75%), Manganese: 0.35mg (17.37%), Vitamin B2: 0.2mg (11.76%), Vitamin A: 224.64IU (4.49%), Vitamin K: 2.86µg (2.72%), Calcium: 21.31mg (2.13%), Vitamin E: 0.23mg (1.54%), Vitamin B1: 0.02mg (1.28%), Potassium: 42.13mg (1.2%), Iron: 0.21mg (1.17%)