



Maple Mashed Squash with Candied Pecans



Vegetarian



Gluten Free



Low Fod Map

READY IN



56 min.

SERVINGS



8

CALORIES



306 kcal

SIDE DISH

Ingredients

- ☐ 5 tablespoons butter divided
- ☐ 4 pound butternut squash
- ☐ 1.5 teaspoons peppermint flavoring
- ☐ 7 tablespoons maple syrup divided
- ☐ 1 cup pecans chopped
- ☐ 1.3 teaspoons salt divided

Equipment

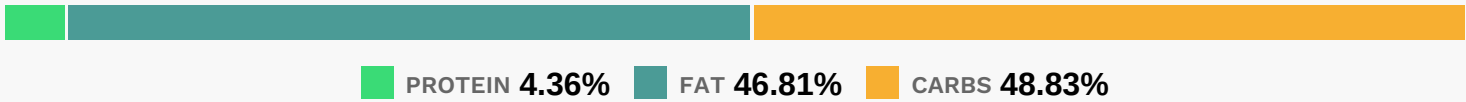
- ☐ bowl

- ☐ frying pan
- ☐ potato masher
- ☐ microwave
- ☐ dutch oven

Directions

- ☐ Microwave squash on HIGH 2 minutes to soften.
- ☐ Cut in half. Peel squash; remove and discard seeds.
- ☐ Cut squash into 1" squares.
- ☐ Cook squash in water in a large Dutch oven 30 minutes or until tender; drain.
- ☐ Combine squash, 3 tablespoons butter, 3 tablespoons syrup, maple flavoring, and 3/4 teaspoon salt in a large bowl; mash with a potato masher until smooth.
- ☐ Cook pecans, remaining 2 tablespoons butter, remaining 1/4 cup maple syrup, and 1/2 teaspoon salt in a medium skillet over medium-low heat 7 minutes or until syrup caramelizes and pecans begin to brown; cool in a single layer on a plate.
- ☐ Sprinkle pecans over squash.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:12.06, Glycemic Load:4.37, Inflammation Score:-10, Nutrition Score:21.486087073451%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 306.19kcal (15.31%), Fat: 17.13g (26.36%), Saturated Fat: 5.39g (33.67%), Carbohydrates: 40.2g (13.4%), Net Carbohydrates: 34.36g (12.49%), Sugar: 16.02g (17.8%), Cholesterol: 18.81mg (6.27%), Sodium: 430.27mg (18.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.18%), Vitamin A: 24334.73IU (486.69%), Manganese: 1.47mg (73.73%), Vitamin C: 47.78mg (57.91%), Potassium: 895.73mg (25.59%), Vitamin E: 3.66mg (24.4%), Magnesium: 97.46mg (24.36%), Fiber: 5.84g (23.38%), Vitamin B1: 0.33mg (21.91%), Vitamin B6: 0.38mg (18.91%), Vitamin B2: 0.29mg (16.96%), Copper: 0.33mg (16.35%), Folate: 64.5µg (16.12%), Vitamin B3: 2.9mg (14.49%), Calcium: 139.8mg (13.98%), Phosphorus: 114.68mg (11.47%), Iron: 1.96mg (10.87%), Vitamin B5: 1.03mg (10.34%), Zinc: 1.09mg (7.26%), Vitamin K: 3.58µg (3.41%), Selenium: 1.74µg (2.49%)