



Maple Roasted Butternut Squash Puree



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



70 min.

SERVINGS



4

CALORIES



251 kcal

SIDE DISH

Ingredients

- ☐ 1 pinch allspice
- ☐ 3.5 lb butternut squash
- ☐ 1 pinch ground pepper
- ☐ 0.3 tsp cinnamon
- ☐ 0.3 cup coconut milk
- ☐ 1.5 tsp olive oil extra virgin
- ☐ 4 servings purple gel food coloring
- ☐ 2 tbsp maple syrup

- ☐ 1 pinch nutmeg
- ☐ 4 servings salt to taste
- ☐ 0.3 tsp vanilla

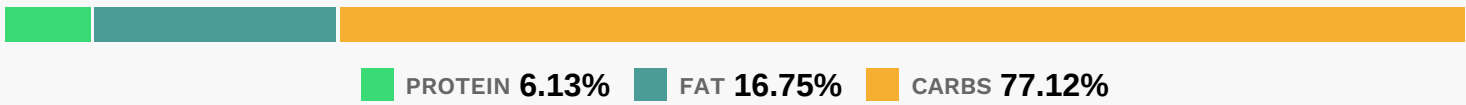
Equipment

- ☐ food processor

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Maple Roasted Butternut Squash Puree
- ☐ Ingredients3 1/2 lb butternut squash1 1/2 tsp extra virgin olive oil1/4 cup coconut milk2 tbsp maple syrup1/4 tsp vanilla1/4 tsp cinnamon
- ☐ Pinch of allspice
- ☐ Pinch of nutmeg
- ☐ Pinch of cayenne
- ☐ Salt to taste
- ☐ You will also need
- ☐ Food processor
- ☐ Total Time: 1 Hour 10 Minutes
- ☐ Servings: 4
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:63.88, Glycemic Load:2.9, Inflammation Score:-10, Nutrition Score:27.361739179362%

Nutrients (% of daily need)

Calories: 251.03kcal (12.55%), Fat: 5.2g (8%), Saturated Fat: 3.06g (19.1%), Carbohydrates: 53.87g (17.96%), Net Carbohydrates: 45.78g (16.65%), Sugar: 14.83g (16.48%), Cholesterol: 0mg (0%), Sodium: 212.56mg (9.24%), Alcohol: 0.09g (100%), Alcohol %: 0.03% (100%), Protein: 4.28g (8.56%), Vitamin A: 42201.17IU (844.02%), Vitamin C: 83.54mg (101.26%), Manganese: 1.18mg (58.95%), Potassium: 1453.69mg (41.53%), Vitamin E: 5.97mg (39.8%), Magnesium: 144.24mg (36.06%), Fiber: 8.09g (32.38%), Vitamin B6: 0.62mg (30.83%), Folate: 109.38µg (27.35%), Vitamin B1: 0.41mg (27.18%), Vitamin B3: 4.87mg (24.35%), Calcium: 206.57mg (20.66%), Iron: 3.29mg (18.3%), Vitamin B5: 1.61mg (16.1%), Copper: 0.32mg (16.05%), Phosphorus: 145.32mg (14.53%), Vitamin B2: 0.21mg (12.18%), Vitamin K: 5.45µg (5.19%), Zinc: 0.75mg (5.03%), Selenium: 2µg (2.85%)