



Mashed Roasted Squash and Garlic



Vegetarian



Gluten Free

READY IN



105 min.

SERVINGS



6

CALORIES



115 kcal

SIDE DISH

Ingredients

- ☐ 1 head garlic unpeeled
- ☐ 1 tablespoon olive oil
- ☐ 2 pounds pumpkin peeled seeded quartered
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 2 tablespoons butter unsalted cut into pieces
- ☐ 1 cup vegetable broth low-sodium warmed

Equipment

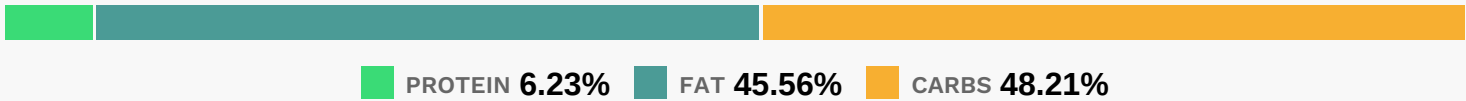
- ☐ food processor

- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350F.
- ☐ Place squash or pumpkin in a 9-by-13-inch baking dish. Trim top 1/2-inch from head of garlic (just enough to expose cloves) and add, cut side up, to baking dish.
- ☐ Drizzle squash and garlic with olive oil and sprinkle with salt and pepper. Cover dish with foil and bake 45 minutes.
- ☐ Remove foil and bake uncovered until garlic is golden and squash is very tender when pierced with a knife, 20 to 40 minutes longer.
- ☐ Transfer squash to a food processor. When cool enough to handle, squeeze garlic from peels and add to squash. Pulse, adding broth 1/4 cup at a time, until desired consistency is reached. (You may not use all the broth.) Stir in butter and 1/4 tsp. each salt and pepper.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.45, Inflammation Score:-9, Nutrition Score:8.3004347021165%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 115.2kcal (5.76%), Fat: 6.34g (9.76%), Saturated Fat: 2.77g (17.28%), Carbohydrates: 15.1g (5.03%), Net Carbohydrates: 12.54g (4.56%), Sugar: 3.54g (3.94%), Cholesterol: 10.03mg (3.34%), Sodium: 7.42mg (0.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.9%), Vitamin A: 2184.46IU (43.69%), Vitamin C: 20.05mg (24.31%), Manganese: 0.34mg (16.87%), Potassium: 550.38mg (15.73%), Vitamin B6: 0.29mg (14.71%),

Fiber: 2.56g (10.24%), Folate: 36.58µg (9.15%), Copper: 0.12mg (6.17%), Vitamin B2: 0.1mg (5.92%), Magnesium: 22.6mg (5.65%), Iron: 0.98mg (5.44%), Calcium: 52.37mg (5.24%), Phosphorus: 43.19mg (4.32%), Vitamin E: 0.63mg (4.2%), Vitamin B3: 0.79mg (3.96%), Vitamin B1: 0.05mg (3.67%), Vitamin K: 3.64µg (3.46%), Vitamin B5: 0.32mg (3.19%), Zinc: 0.38mg (2.51%), Selenium: 1.32µg (1.88%)