



Nut- and Fruit-Filled Squash

 Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



119 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds butternut squash
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon butter melted
- ☐ 0.5 cup corn flakes/bran flakes crushed
- ☐ 1 teaspoon orange zest grated

Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 350°F.
- ☐ Cut squash into fourths; remove seeds and fibers.
- ☐ Place squash, cut sides up, in ungreased rectangular baking dish, 13x9x2 inches.
- ☐ Sprinkle salt over squash.
- ☐ Pour water into baking dish until 1/4 inch deep. Cover and bake 40 to 50 minutes or until tender.
- ☐ Mix butter, cereal and orange peel; spoon into squash.

Nutrition Facts



Properties

Glycemic Index:18.06, Glycemic Load:2.25, Inflammation Score:-9, Nutrition Score:13.922608867936%

Nutrients (% of daily need)

Calories: 119.16kcal (5.96%), Fat: 3.22g (4.95%), Saturated Fat: 0.67g (4.16%), Carbohydrates: 23.66g (7.89%), Net Carbohydrates: 19.29g (7.02%), Sugar: 5.92g (6.58%), Cholesterol: 0mg (0%), Sodium: 214.43mg (9.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.38%), Vitamin A: 3352.6IU (67.05%), Vitamin C: 28.58mg (34.65%), Manganese: 0.55mg (27.42%), Potassium: 823mg (23.51%), Vitamin B6: 0.44mg (22%), Folate: 87.97µg (21.99%), Fiber: 4.37g (17.48%), Iron: 2.72mg (15.11%), Vitamin B2: 0.21mg (12.49%), Magnesium: 43.42mg (10.86%), Vitamin B3: 1.97mg (9.87%), Copper: 0.19mg (9.33%), Vitamin B1: 0.13mg (8.93%), Phosphorus: 75.52mg (7.55%), Calcium: 67.65mg (6.76%), Selenium: 3.54µg (5.05%), Zinc: 0.73mg (4.85%), Vitamin B5: 0.48mg (4.75%), Vitamin B12: 0.25µg (4.23%), Vitamin E: 0.42mg (2.8%), Vitamin K: 2.56µg (2.44%), Vitamin D: 0.17µg (1.1%)