



Roasted Acorn Squash and Garlic Mash

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



207 kcal

SIDE DISH

Ingredients

- 2 acorn squash halved seeded
- 1 gala apple diced cored
- 1 head garlic
- 1 leek diced white green (and pale parts only)
- 6 servings salt
- 1 teaspoon freshly thyme leaves chopped
- 7 tablespoons butter unsalted divided

Equipment

- bowl
- frying pan
- baking sheet
- oven
- baking pan
- potato masher
- aluminum foil
- glass baking pan

Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F.
- Place the squash, cut sides down, in a glass baking dish.
- Place the baking dish into the oven and pour enough water into the baking sheet to fill halfway up the sides (this will help steam the squash so it doesn't dry out, making the flesh easier to mash).
- Place the foil-wrapped garlic directly on an oven rack. Roast the garlic and squash until very tender, about 1 hour. Cool slightly.
- Melt 1 tablespoon of butter in a heavy, small skillet over medium-high heat.
- Add the leeks and apple and saute until crisp tender, about 6 minutes. Season with salt, to taste.
- Scoop the cooled acorn squash flesh into a large bowl. Using a potato masher, mash the flesh until smooth. Unwrap the garlic and squeeze the roasted garlic flesh into the squash puree.
- Add the remaining 6 tablespoons of butter and mash. Stir in the thyme and season with salt, to taste.
- Place the mash in serving bowl and top with apple and leek saute.

Nutrition Facts



PROTEIN 3.45% **FAT 55.08%** **CARBS 41.47%**

Properties

Glycemic Index:23.17, Glycemic Load:2.14, Inflammation Score:-8, Nutrition Score:9.413043409586%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 206.69kcal (10.33%), Fat: 13.52g (20.79%), Saturated Fat: 8.44g (52.75%), Carbohydrates: 22.9g (7.63%), Net Carbohydrates: 19.6g (7.13%), Sugar: 3.79g (4.21%), Cholesterol: 35.12mg (11.71%), Sodium: 203.99mg (8.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.81%), Vitamin C: 20.97mg (25.42%), Vitamin A: 1215.33IU (24.31%), Manganese: 0.41mg (20.34%), Potassium: 582.38mg (16.64%), Vitamin B6: 0.33mg (16.39%), Vitamin B1: 0.23mg (15.03%), Magnesium: 53.67mg (13.42%), Fiber: 3.29g (13.18%), Folate: 35.61µg (8.9%), Vitamin K: 8.86µg (8.44%), Iron: 1.5mg (8.31%), Calcium: 71.82mg (7.18%), Phosphorus: 71.66mg (7.17%), Copper: 0.14mg (6.9%), Vitamin B5: 0.66mg (6.61%), Vitamin B3: 1.14mg (5.69%), Vitamin E: 0.57mg (3.82%), Selenium: 1.69µg (2.42%), Vitamin B2: 0.04mg (2.29%), Zinc: 0.29mg (1.95%), Vitamin D: 0.25µg (1.63%)