



Roasted Butternut Squash Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 pound butternut squash
- ☐ 2 tablespoons crème fraîche sour whole
- ☐ 4 garlic clove unpeeled
- ☐ 0.1 teaspoon nutmeg
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1.5 teaspoons olive oil
- ☐ 0.8 teaspoon salt

☐

1 small onion sweet trimmed quartered

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Cut squash in half lengthwise; discard seeds and membrane.
- ☐ Brush cut sides of squash halves, cut sides of onion quarters, and garlic cloves with oil.
Arrange squash halves, cut sides down, on a jelly-roll pan; arrange onion quarters and garlic cloves on pan.
- ☐ Bake at 350 for 45 minutes or until tender. Cool slightly. Peel squash. Squeeze garlic cloves to extract pulp.
- ☐ Place squash, onion, and garlic pulp in a food processor; process until smooth.
- ☐ Add crme frache and remaining ingredients; process to combine.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:0.08, Inflammation Score:-10, Nutrition Score:7.9843478120216%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 39.71kcal (1.99%), Fat: 0.75g (1.16%), Saturated Fat: 0.22g (1.38%), Carbohydrates: 8.53g (2.84%), Net Carbohydrates: 7.19g (2.61%), Sugar: 2.35g (2.61%), Cholesterol: 0.88mg (0.29%), Sodium: 113.54mg (4.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Vitamin A: 6043.33IU (120.87%), Vitamin C: 13.16mg (15.95%), Manganese: 0.15mg (7.3%), Potassium: 229.68mg (6.56%), Vitamin B6: 0.12mg (6.23%), Vitamin E: 0.89mg (5.9%), Magnesium: 21.56mg (5.39%), Fiber: 1.35g (5.39%), Folate: 20.21µg (5.05%), Vitamin B1: 0.07mg (4.47%), Vitamin B3: 0.72mg (3.58%), Calcium: 34.42mg (3.44%), Copper: 0.06mg (2.77%), Phosphorus: 26.69mg (2.67%), Iron: 0.47mg (2.62%), Vitamin B5: 0.26mg (2.57%), Vitamin B2: 0.02mg (1.12%)