



## Roasted Garlic-Butternut Squash Mash

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



10

CALORIES



175 kcal

SIDE DISH

### Ingredients

- 0.3 cup butter
- 4.5 lb butternut squash unpeeled
- 1 head garlic
- 1 cup italian\* five cheese shredded with a touch of philadelphia kraft
- 0.5 tsp olive oil

### Equipment

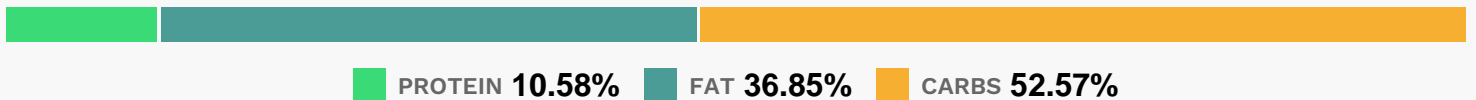
- bowl
- oven

- knife
- blender
- baking pan
- aluminum foil
- microwave

## Directions

- Heat oven to 375F.
- Pierce squash with sharp knife at 1-inch intervals; place in 13x9-inch baking dish.
- Add 1/2 cup water; cover with foil.
- Cut thin slice off top of garlic head, exposing tops of all cloves; place on 8-inch-square sheet of foil.
- Drizzle with oil; wrap in foil.
- Bake squash and garlic 40 min.
- Remove garlic from oven. Continue baking squash 20 min. or until tender. Cool squash slightly.
- Squeeze garlic cloves into small bowl; mash until smooth.
- Cut squash lengthwise in half; remove and discard seeds. Use spoon to scrape squash pulp into medium bowl.
- Add garlic and butter; beat with mixer until blended. Spoon into 1-1/2-qt. microwaveable dish.
- Microwave on HIGH 7 min. or until squash mixture is heated through, stirring after 4 min. Top with cheese; microwave, covered, 3 min. or until melted.

## Nutrition Facts



## Properties

Glycemic Index:8, Glycemic Load:0.26, Inflammation Score:-10, Nutrition Score:15.810869492914%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg,

Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 174.66kcal (8.73%), Fat: 7.85g (12.07%), Saturated Fat: 3.44g (21.51%), Carbohydrates: 25.18g (8.39%), Net Carbohydrates: 21.04g (7.65%), Sugar: 4.52g (5.02%), Cholesterol: 14.44mg (4.81%), Sodium: 66.42mg (2.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.13%), Vitamin A: 21839.66IU (436.79%), Vitamin C: 43.74mg (53.02%), Manganese: 0.46mg (22.96%), Potassium: 731.08mg (20.89%), Vitamin E: 3.11mg (20.7%), Magnesium: 70.21mg (17.55%), Vitamin B6: 0.35mg (17.46%), Fiber: 4.14g (16.56%), Vitamin B1: 0.21mg (14%), Folate: 55.37µg (13.84%), Calcium: 126.81mg (12.68%), Vitamin B3: 2.47mg (12.36%), Vitamin B5: 0.84mg (8.39%), Iron: 1.48mg (8.22%), Copper: 0.16mg (7.77%), Phosphorus: 73mg (7.3%), Vitamin B2: 0.05mg (2.7%), Vitamin K: 2.83µg (2.69%), Zinc: 0.34mg (2.29%), Selenium: 1.47µg (2.11%)