



# Salsa Squash

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



2

CALORIES



303 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 tablespoon butter
- 1 pound butternut squash cubed peeled seeded
- 1 garlic clove minced
- 0.3 cup onion finely chopped
- 0.7 cup salsa
- 0.5 teaspoon salt
- 0.5 cup cheddar cheese shredded divided

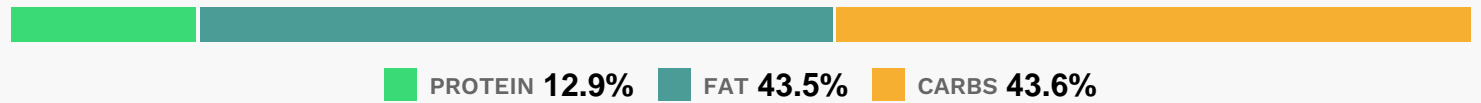
## Equipment

- sauce pan
- oven
- baking pan
- steamer basket

## Directions

- In a large saucepan, bring 1 in. of water to a boil; place squash in a steamer basket over water. Reduce heat; cover and steam for 10–15 minutes or until tender.
- Meanwhile, in a large saucepan, saute onion and garlic in butter until tender. Stir in the salsa, salt and squash cubes. Spoon half of the mixture into a greased 1-qt. baking dish.
- Sprinkle with 1/4 cup of cheese. Top with the remaining squash mixture.
- Cover and bake at 400° for 15 minutes. Uncover; top with remaining cheese.
- Bake 5 minutes longer or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:67, Glycemic Load:0.74, Inflammation Score:-10, Nutrition Score:23.273913005124%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

## Nutrients (% of daily need)

Calories: 302.88kcal (15.14%), Fat: 15.7g (24.16%), Saturated Fat: 9.1g (56.86%), Carbohydrates: 35.41g (11.8%), Net Carbohydrates: 28.94g (10.53%), Sugar: 9.25g (10.28%), Cholesterol: 43.3mg (14.43%), Sodium: 1389.8mg (60.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.47g (20.95%), Vitamin A: 24982.96IU (499.66%), Vitamin C: 51.22mg (62.09%), Calcium: 342.21mg (34.22%), Vitamin E: 4.7mg (31.35%), Potassium: 1080.69mg (30.88%), Manganese: 0.61mg (30.56%), Vitamin B6: 0.56mg (28.21%), Fiber: 6.47g (25.87%), Magnesium: 100.27mg (25.07%), Phosphorus: 241.74mg (24.17%), Vitamin B3: 3.74mg (18.72%), Folate: 74.69µg (18.67%), Vitamin B1: 0.28mg (18.52%), Selenium: 10.29µg (14.7%), Vitamin B5: 1.24mg (12.4%), Vitamin B2: 0.21mg (12.18%), Copper: 0.24mg (12.08%), Iron: 2.07mg (11.5%), Zinc: 1.61mg (10.73%), Vitamin K: 7.41µg (7.06%), Vitamin B12: 0.31µg (5.19%), Vitamin D: 0.17µg (1.13%)