



Savory Slow Cooker Squash and Apple Dish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



255 min.

SERVINGS



10

CALORIES



131 kcal

SIDE DISH

Ingredients

- 4 apples cored peeled chopped
- 3 pound butternut squash cubed peeled seeded
- 0.8 cup cranberries dried
- 1 tablespoon ground cinnamon
- 1.5 teaspoons ground nutmeg

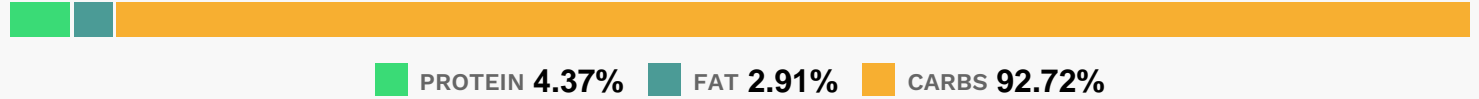
Equipment

- slow cooker

Directions

Combine the squash, apples, cranberries, onion, cinnamon, and nutmeg in a slow cooker. Cook on HIGH for 4 hours or until the squash is tender and cooked through. Stir occasionally while cooking.

Nutrition Facts



Properties

Glycemic Index:10.7, Glycemic Load:2.73, Inflammation Score:-10, Nutrition Score:13.53608692729%

Flavonoids

Cyanidin: 1.2mg, Cyanidin: 1.2mg, Cyanidin: 1.2mg, Cyanidin: 1.2mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 5.48mg, Epicatechin: 5.48mg, Epicatechin: 5.48mg, Epicatechin: 5.48mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

Nutrients (% of daily need)

Calories: 130.64kcal (6.53%), Fat: 0.48g (0.74%), Saturated Fat: 0.14g (0.86%), Carbohydrates: 34.27g (11.42%), Net Carbohydrates: 28.84g (10.49%), Sugar: 17.27g (19.19%), Cholesterol: 0mg (0%), Sodium: 6.75mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.23%), Vitamin A: 14507.04IU (290.14%), Vitamin C: 31.98mg (38.77%), Manganese: 0.47mg (23.64%), Fiber: 5.44g (21.75%), Potassium: 565.84mg (16.17%), Vitamin E: 2.3mg (15.33%), Magnesium: 51.3mg (12.82%), Vitamin B6: 0.24mg (12.23%), Vitamin B1: 0.15mg (10.06%), Folate: 39.2µg (9.8%), Vitamin B3: 1.76mg (8.82%), Calcium: 79.07mg (7.91%), Copper: 0.13mg (6.46%), Iron: 1.15mg (6.39%), Vitamin B5: 0.61mg (6.11%), Phosphorus: 54.79mg (5.48%), Vitamin K: 4.04µg (3.85%), Vitamin B2: 0.05mg (2.89%), Zinc: 0.26mg (1.76%), Selenium: 0.76µg (1.09%)