



## Simple Peanut Squash

 Vegetarian  Gluten Free  Low Fod Map

READY IN



40 min.

SERVINGS



2

CALORIES



418 kcal

SIDE DISH

### Ingredients

- 2 tablespoons brown sugar
- 0.3 cup butter
- 1 butternut squash
- 0.3 teaspoon salt

### Equipment

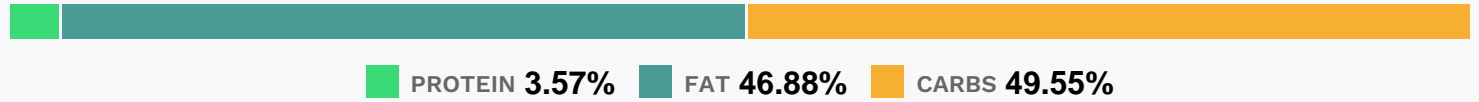
- frying pan
- oven
- loaf pan

aluminum foil

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Peel and cut the peanut squash into 2 inch pieces.
- Place the pieces into a loaf pan or other deep and narrow baking container.
- Sprinkle the brown sugar and salt over the pieces and drop the butter on top. Cover the pan with aluminum foil.
- Bake at 375 degrees F (190 degrees C) for 35 minutes.
- Serve hot and enjoy!

## Nutrition Facts



## Properties

Glycemic Index:25, Glycemic Load:0.01, Inflammation Score:-10, Nutrition Score:24.923043295093%

## Nutrients (% of daily need)

Calories: 417.8kcal (20.89%), Fat: 23.39g (35.98%), Saturated Fat: 14.66g (91.65%), Carbohydrates: 55.63g (18.54%), Net Carbohydrates: 48.13g (17.5%), Sugar: 19.91g (22.12%), Cholesterol: 61.01mg (20.34%), Sodium: 491.5mg (21.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.01%), Vitamin A: 40571.59IU (811.43%), Vitamin C: 78.75mg (95.45%), Vitamin E: 6.06mg (40.39%), Potassium: 1342.83mg (38.37%), Manganese: 0.77mg (38.3%), Magnesium: 129.15mg (32.29%), Fiber: 7.5g (30%), Vitamin B6: 0.58mg (29.16%), Folate: 102.22µg (25.56%), Vitamin B1: 0.38mg (25.09%), Vitamin B3: 4.53mg (22.63%), Calcium: 196.95mg (19.69%), Vitamin B5: 1.55mg (15.47%), Iron: 2.72mg (15.1%), Copper: 0.28mg (13.79%), Phosphorus: 131.04mg (13.1%), Vitamin K: 6.11µg (5.82%), Vitamin B2: 0.08mg (4.98%), Zinc: 0.59mg (3.95%), Selenium: 2.3µg (3.29%)