



 **15%**
HEALTH SCORE

Simple Peanut Squash

 Vegetarian  Gluten Free  Low Fod Map

READY IN



40 min.

SERVINGS



2

CALORIES



463 kcal

SIDE DISH

Ingredients

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

Equipment

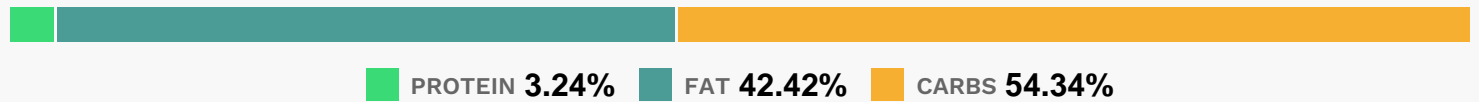
- frying pan
- oven

- 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:25.081739075806%

Nutrients (% of daily need)

Calories: 463.4kcal (23.17%), Fat: 23.39g (35.98%), Saturated Fat: 14.66g (91.65%), Carbohydrates: 67.4g (22.47%), Net Carbohydrates: 59.9g (21.78%), Sugar: 31.55g (35.05%), Cholesterol: 61.01mg (20.34%), Sodium: 494.86mg (21.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.04%), Vitamin A: 40571.59IU (811.43%), Vitamin C: 78.75mg (95.45%), Vitamin E: 6.06mg (40.39%), Potassium: 1358.79mg (38.82%), Manganese: 0.77mg (38.68%), Magnesium: 130.24mg (32.56%), Fiber: 7.5g (30%), Vitamin B6: 0.59mg (29.41%), Folate: 102.34µg (25.59%), Vitamin B1: 0.38mg (25.09%), Vitamin B3: 4.54mg (22.69%), Calcium: 206.91mg (20.69%), Vitamin B5: 1.56mg (15.63%), Iron: 2.8mg (15.58%), Copper: 0.28mg (14.08%), Phosphorus: 131.52mg (13.15%), Vitamin K: 6.11µg (5.82%), Vitamin B2: 0.08mg (4.98%), Zinc: 0.6mg (3.97%), Selenium: 2.45µg (3.5%)