



Squash and Cranberry Gratin

READY IN



75 min.

SERVINGS



8

CALORIES



209 kcal

SIDE DISH

Ingredients

- ☐ 4 pounds buttercup squash (2 medium)
- ☐ 0.3 cup cranberries dried sweetened
- ☐ 2 tablespoons brown sugar packed
- ☐ 0.5 cup whipping cream (heavy)
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon butter softened
- ☐ 2 slices sandwich bread
- ☐ 2 ounces swiss cheese shredded finely
- ☐ 0.5 teaspoon nutmeg

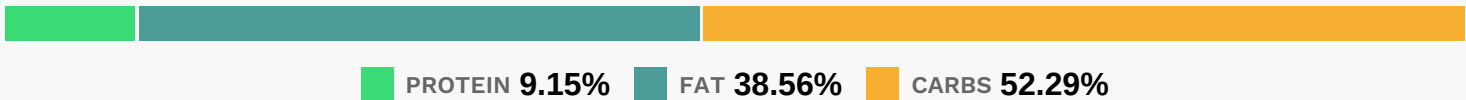
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Cut squash into halves or fourths; remove seeds and fibers.
- ☐ Place cut sides down in microwavable dish. Cover with plastic wrap, folding back one edge or corner 1/4 inch to vent steam. Microwave on High 13 to 15 minutes or until tender when pierced with fork.
- ☐ Let stand 5 minutes. Scoop flesh from shells and mash with fork.
- ☐ Heat oven to 350°. Butter 1 1/2-quart shallow au gratin dish or casserole.
- ☐ Mix squash, cranberries, brown sugar, whipping cream and salt in medium bowl. Spoon into au gratin dish.
- ☐ Spread butter on bread. Tear buttered bread into pieces.
- ☐ Place bread, cheese and nutmeg in food processor. Cover and process until fine crumbs form.
- ☐ Sprinkle over squash mixture.
- ☐ Bake uncovered 25 to 30 minutes or until thoroughly heated and crumb topping is brown and crisp.

Nutrition Facts



Properties

Glycemic Index:21.47, Glycemic Load:2.24, Inflammation Score:-9, Nutrition Score:13.398695422255%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 208.72kcal (10.44%), Fat: 9.58g (14.74%), Saturated Fat: 5.15g (32.2%), Carbohydrates: 29.24g (9.75%), Net Carbohydrates: 25.47g (9.26%), Sugar: 11.45g (12.73%), Cholesterol: 23.4mg (7.8%), Sodium: 218.91mg (9.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.11g (10.23%), Vitamin A: 3440.58IU (68.81%), Vitamin C: 28mg (33.94%), Potassium: 827.31mg (23.64%), Manganese: 0.42mg (21.16%), Vitamin B6: 0.37mg (18.64%), Folate: 62.74µg (15.69%), Calcium: 153.26mg (15.33%), Fiber: 3.77g (15.09%), Vitamin B2: 0.21mg (12.17%), Phosphorus: 109.63mg (10.96%), Magnesium: 37.53mg (9.38%), Copper: 0.18mg (8.95%), Iron: 1.59mg (8.84%), Vitamin B3: 1.47mg (7.36%), Selenium: 5µg (7.14%), Vitamin B1: 0.1mg (6.97%), Zinc: 0.88mg (5.9%), Vitamin B5: 0.54mg (5.42%), Vitamin B12: 0.24µg (3.99%), Vitamin E: 0.6mg (3.99%), Vitamin K: 3.37µg (3.21%), Vitamin D: 0.24µg (1.59%)