



Squash-Apple Bake

 Vegetarian

READY IN



65 min.

SERVINGS



6

CALORIES



287 kcal

SIDE DISH

Ingredients

- 2 medium apples peeled cut into wedges
- 0.5 cup brown sugar packed
- 0.5 cup brown sugar packed
- 0.3 cup butter melted
- 1.3 pounds butternut squash peeled cut into 3/4-inch slices
- 1 tablespoon flour all-purpose
- 0.5 teaspoon mace
- 0.5 teaspoon salt

Equipment

- oven
- baking pan

Directions

- Arrange squash in a 2-qt. baking dish. Top with apple wedges.
- Combine the remaining ingredients; spoon over apples.
- Bake, uncovered, at 350° for 50-60 minutes or until tender.

Nutrition Facts



PROTEIN 1.81% **FAT 23.6%** **CARBS 74.59%**

Properties

Glycemic Index:26.17, Glycemic Load:2.91, Inflammation Score:-10, Nutrition Score:11.1539130172%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 286.56kcal (14.33%), Fat: 7.93g (12.21%), Saturated Fat: 4.92g (30.73%), Carbohydrates: 56.43g (18.81%), Net Carbohydrates: 53.02g (19.28%), Sugar: 43.96g (48.85%), Cholesterol: 20.34mg (6.78%), Sodium: 269.42mg (11.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.73%), Vitamin A: 10315.64IU (206.31%), Vitamin C: 22.67mg (27.48%), Fiber: 3.41g (13.65%), Potassium: 450.73mg (12.88%), Manganese: 0.25mg (12.36%), Vitamin E: 1.69mg (11.27%), Magnesium: 39.2mg (9.8%), Vitamin B6: 0.19mg (9.33%), Calcium: 82.43mg (8.24%), Vitamin B1: 0.12mg (7.71%), Folate: 30.4µg (7.6%), Vitamin B3: 1.31mg (6.55%), Iron: 1.08mg (6%), Copper: 0.11mg (5.39%), Vitamin B5: 0.48mg (4.79%), Phosphorus: 43.13mg (4.31%), Vitamin K: 3.04µg (2.9%), Vitamin B2: 0.04mg (2.64%), Selenium: 1.44µg (2.05%), Zinc: 0.2mg (1.32%)