



 21%  
HEALTH SCORE

## Squash Dip

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 medium butternut squash halved seeded
- 11 ounce goat cheese
- 1 juice of lemon juiced
- 3 tablespoons olive oil
- 0.3 cup walnut pieces finely chopped
- 1 head garlic clove whole

## Equipment

- bowl

- baking sheet
- oven
- aluminum foil

## Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Brush the cut side of the squash halves with some of the olive oil, and place them oiled side down on a baking sheet.
- Cut the top off of the head of garlic, and drizzle the remaining olive oil over it. Wrap in aluminum foil, and place on the baking sheet with the squash.
- Bake for about 40 minutes, or until the squash can easily be pierced with a fork. Scoop the squash out of its skin, and place in a serving bowl. Squeeze the cloves of garlic out of their skins, and into the bowl with the squash. Mash until smooth. Stir in the goat cheese and lemon juice until well blended.
- Sprinkle walnuts over the top.
- Serve warm or at room temperature.

## Nutrition Facts



**PROTEIN 15.49%** **FAT 62.21%** **CARBS 22.3%**

## Properties

Glycemic Index:4.17, Glycemic Load:0.25, Inflammation Score:-10, Nutrition Score:10.754782573037%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 147.64kcal (7.38%), Fat: 10.65g (16.38%), Saturated Fat: 4.44g (27.73%), Carbohydrates: 8.59g (2.86%), Net Carbohydrates: 7.12g (2.59%), Sugar: 1.76g (1.95%), Cholesterol: 11.95mg (3.98%), Sodium: 98.67mg (4.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.97g (11.93%), Vitamin A: 6913.04IU (138.26%), Vitamin C:

14.85mg (18%), Copper: 0.28mg (14.07%), Manganese: 0.27mg (13.74%), Vitamin B6: 0.2mg (10.22%), Phosphorus: 99.36mg (9.94%), Vitamin E: 1.47mg (9.82%), Magnesium: 29.99mg (7.5%), Calcium: 73.18mg (7.32%), Potassium: 249.47mg (7.13%), Vitamin B2: 0.12mg (6.93%), Vitamin B1: 0.09mg (6.28%), Iron: 1.06mg (5.91%), Fiber: 1.47g (5.88%), Folate: 22.95µg (5.74%), Vitamin B5: 0.46mg (4.58%), Vitamin B3: 0.91mg (4.54%), Vitamin K: 3.37µg (3.21%), Zinc: 0.44mg (2.91%), Selenium: 1.49µg (2.13%)