



Streusel-Topped Squash

 Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



145 kcal

SIDE DISH

Ingredients

- ☐ 2 lb butternut squash peeled seeded cut into 1/2-inch cubes (4 1/2 cups)
- ☐ 0.3 cup water
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup pecans chopped
- ☐ 2 tablespoons butter softened
- ☐ 0.5 teaspoon pumpkin pie spice

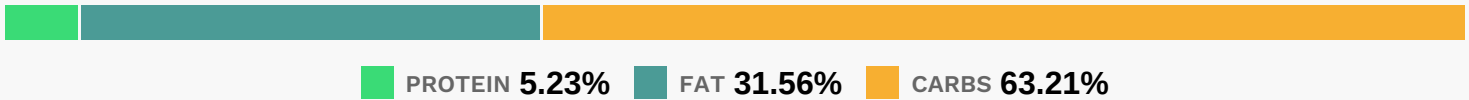
Equipment

- ☐ bowl
- ☐ oven
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Heat oven to 350°F. In 11x7-inch microwavable dish, spread squash cubes.
- ☐ Add water; sprinkle with salt. Cover with plastic wrap, folding back one edge or corner 1/4 inch to vent steam. Microwave on High about 5 minutes or until squash is crisp-tender.
- ☐ Meanwhile, in medium bowl, mix remaining ingredients with spoon.
- ☐ Sprinkle evenly over squash.
- ☐ Bake uncovered 40 to 45 minutes or until streusel is brown.

Nutrition Facts



Properties

Glycemic Index:10.63, Glycemic Load:2.89, Inflammation Score:-10, Nutrition Score:12.122608824755%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 145.24kcal (7.26%), Fat: 5.45g (8.38%), Saturated Fat: 0.84g (5.22%), Carbohydrates: 24.57g (8.19%), Net Carbohydrates: 21.81g (7.93%), Sugar: 9.32g (10.36%), Cholesterol: 0mg (0%), Sodium: 185.35mg (8.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.06%), Vitamin A: 12181.65IU (243.63%), Vitamin C: 23.89mg (28.95%), Manganese: 0.44mg (22.12%), Potassium: 430.17mg (12.29%), Vitamin E: 1.79mg (11.96%), Vitamin B1:

0.18mg (11.82%), Magnesium: 44.79mg (11.2%), Fiber: 2.75g (11.02%), Folate: 41.03µg (10.26%), Vitamin B6: 0.19mg (9.39%), Vitamin B3: 1.72mg (8.6%), Copper: 0.14mg (6.76%), Iron: 1.2mg (6.65%), Calcium: 65.52mg (6.55%), Phosphorus: 53.71mg (5.37%), Vitamin B5: 0.52mg (5.18%), Selenium: 2.56µg (3.65%), Vitamin B2: 0.05mg (3.19%), Zinc: 0.37mg (2.45%), Vitamin K: 1.42µg (1.35%)