



Sweet Squash with Walnuts

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



319 kcal

SIDE DISH

Ingredients

- 2 teaspoons butter
- 3 pounds butternut squash
- 1 cups crème fraîche sour
- 2 cups baker's sugar
- 0.7 cup walnut halves

Equipment

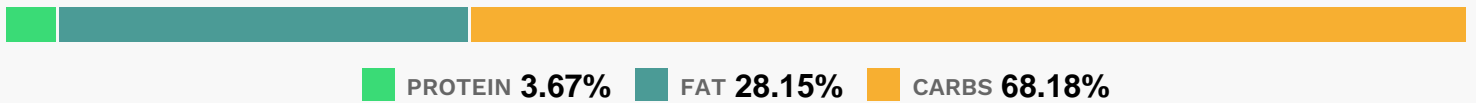
- bowl
- frying pan

- oven
- baking pan

Directions

- Peel and seed squash; cut into 1-inch cubes (you should have 7 to 8 cups). In a large bowl, mix squash with sugar.
- Let stand until sugar liquefies, about 30 minutes. Stir, then pour into a deep 2 1/2- to 3-quart baking dish. Crumple a piece of baking parchment larger than the dish opening, moisten with water, then flatten it and cover squash, tucking paper around inside of dish.
- Bake in a 300 oven (see notes) until squash is tender when pierced, 1 1/2 to 2 hours. Turn off oven and leave squash inside until completely cool, about 3 hours.
- Shortly before serving, in a 6- to 8-inch frying pan over medium heat, stir walnuts and butter until nuts are coated with butter and lightly browned, about 3 minutes. Spoon squash and syrup into small bowls.
- Garnish each serving with a generous dollop of crme frache and a sprinkle of walnuts.

Nutrition Facts



Properties

Glycemic Index:14.01, Glycemic Load:28.03, Inflammation Score:-10, Nutrition Score:14.022608614486%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg

Nutrients (% of daily need)

Calories: 318.96kcal (15.95%), Fat: 10.62g (16.34%), Saturated Fat: 3.34g (20.9%), Carbohydrates: 57.88g (19.29%), Net Carbohydrates: 54.64g (19.87%), Sugar: 43.9g (48.78%), Cholesterol: 15.72mg (5.24%), Sodium: 19.56mg (0.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.23%), Vitamin A: 14634.9IU (292.7%), Vitamin C: 28.88mg (35.01%), Manganese: 0.55mg (27.26%), Potassium: 543.18mg (15.52%), Magnesium: 60.91mg (15.23%), Vitamin E: 2.12mg (14.16%), Vitamin B6: 0.26mg (13.05%), Fiber: 3.24g (12.98%), Folate: 45.79µg (11.45%), Copper: 0.23mg (11.45%), Vitamin B1: 0.17mg (11.16%), Calcium: 96.83mg (9.68%), Phosphorus: 89.61mg (8.96%), Vitamin B3: 1.74mg (8.71%), Iron: 1.22mg (6.75%), Vitamin B5: 0.67mg (6.67%), Vitamin B2: 0.09mg (5.03%), Zinc: 0.53mg (3.51%), Selenium: 2.16µg (3.09%), Vitamin K: 2.12µg (2.02%)