



Winter Squash Casserole

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



201 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons brandy
- ☐ 2 tablespoons brown sugar
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons butter chilled cut into small pieces
- ☐ 10 cup butternut squash cubed peeled (1-inch) (8 pounds)
- ☐ 0.3 cup currants dried
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup orange juice fresh
- ☐ 3 tablespoons pecans chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons flour whole wheat

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ potato masher

Directions

- ☐ Preheat oven to 40
- ☐ Arrange squash pieces in a single layer on a jelly-roll pan.
- ☐ Drizzle with oil, stirring to coat.
- ☐ Bake at 400 for 1 hour and 20 minutes or until squash is tender and beginning to brown, stirring every 20 minutes.
- ☐ Transfer squash to a bowl.
- ☐ Add juice, sugar, brandy, 1 tablespoon butter, cinnamon, and salt. Mash mixture with a potato masher until combined and fairly smooth. Stir in currants. Scrape squash mixture into an 8-inch square baking dish coated with cooking spray.
- ☐ Combine flours in a small bowl; cut in 2 tablespoons chilled butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in pecans.
- ☐ Sprinkle pecan mixture evenly over squash mixture.
- ☐ Bake at 400 for 30 minutes or until thoroughly heated and topping begins to brown.
- ☐ Serve warm.

Nutrition Facts



PROTEIN 5.32% **FAT 35.39%** **CARBS 59.29%**

Properties

Glycemic Index:35.25, Glycemic Load:2.28, Inflammation Score:-10, Nutrition Score:16.200000085261%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 200.83kcal (10.04%), Fat: 8.22g (12.65%), Saturated Fat: 3.12g (19.51%), Carbohydrates: 30.99g (10.33%), Net Carbohydrates: 26.61g (9.68%), Sugar: 10.38g (11.53%), Cholesterol: 11.29mg (3.76%), Sodium: 116.42mg (5.06%), Alcohol: 1.25g (100%), Alcohol %: 0.76% (100%), Protein: 2.78g (5.56%), Vitamin A: 18755.11IU (375.1%), Vitamin C: 40.88mg (49.55%), Manganese: 0.65mg (32.65%), Potassium: 696.09mg (19.89%), Vitamin E: 2.86mg (19.09%), Fiber: 4.38g (17.51%), Magnesium: 69.77mg (17.44%), Vitamin B1: 0.24mg (15.86%), Vitamin B6: 0.3mg (15.17%), Folate: 55.25µg (13.81%), Vitamin B3: 2.45mg (12.26%), Copper: 0.2mg (10.02%), Calcium: 97.37mg (9.74%), Iron: 1.61mg (8.95%), Phosphorus: 83.79mg (8.38%), Vitamin B5: 0.78mg (7.78%), Selenium: 2.87µg (4.09%), Vitamin B2: 0.06mg (3.69%), Zinc: 0.52mg (3.47%), Vitamin K: 3.26µg (3.1%)