



Winter Squash Soufflé and Greens

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



163 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon butter
- ☐ 2.8 pounds butternut squash
- ☐ 8 cups collard greens finely chopped
- ☐ 1 large eggs
- ☐ 1 large egg whites
- ☐ 1.3 ounces fontina shredded
- ☐ 0.5 cup milk 1% low-fat
- ☐ 0.3 teaspoon salt

- ☐ 0.5 teaspoon salt
- ☐ 2 quarts water

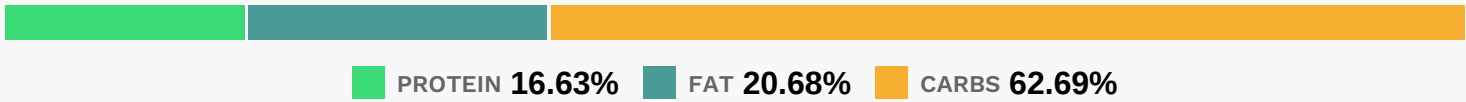
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 37
- ☐ Cut squash in half lengthwise; discard seeds and membrane.
- ☐ Place squash halves, cut sides down, on a baking sheet; bake at 375 for 45 minutes or until tender. Cool. Peel squash. Mash pulp. Set aside 2 cups pulp, reserving remaining pulp for another use.
- ☐ Combine 2 cups squash pulp, milk, and next 4 ingredients (milk through egg white) in a food processor; process until smooth.
- ☐ Pour into a 1-quart souffl dish coated with cooking spray.
- ☐ Place souffl dish in a 9-inch square baking pan; add hot water to pan to a depth of 1 inch.
- ☐ Bake at 375 for 40 minutes or until puffy and set.
- ☐ While squash is baking, bring 2 quarts water and 1/2 teaspoon salt to a boil in an 8-quart stockpot or Dutch oven.
- ☐ Add Swiss chard; cover and cook 8 minutes.
- ☐ Drain well; toss with butter.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.03, Inflammation Score:-10, Nutrition Score:26.362608723018%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 4.2mg, Kaempferol: 4.2mg, Kaempferol: 4.2mg, Kaempferol: 4.2mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 162.63kcal (8.13%), Fat: 4.12g (6.35%), Saturated Fat: 2.08g (13%), Carbohydrates: 28.12g (9.37%), Net Carbohydrates: 22.05g (8.02%), Sugar: 5.94g (6.6%), Cholesterol: 41.08mg (13.69%), Sodium: 407.32mg (17.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.93%), Vitamin A: 24670.41IU (493.41%), Vitamin K: 212.31µg (202.2%), Vitamin C: 60.6mg (73.46%), Manganese: 0.74mg (37.05%), Folate: 122.99µg (30.75%), Calcium: 285.47mg (28.55%), Vitamin E: 4.21mg (28.04%), Potassium: 890.06mg (25.43%), Fiber: 6.08g (24.31%), Magnesium: 91.67mg (22.92%), Vitamin B6: 0.43mg (21.54%), Vitamin B1: 0.25mg (16.66%), Vitamin B3: 2.89mg (14.47%), Phosphorus: 140.19mg (14.02%), Vitamin B2: 0.21mg (12.17%), Vitamin B5: 1.2mg (11.97%), Copper: 0.23mg (11.57%), Iron: 1.85mg (10.27%), Selenium: 6.66µg (9.51%), Zinc: 0.86mg (5.73%), Vitamin B12: 0.31µg (5.11%), Vitamin D: 0.42µg (2.81%)