



Maplelicious Butternut Squash Mash

Servings

2

Calories

170

Prep Time

10 minutes

Total Time

15 minutes

Skill Level

Easy

Ingredients

1 (20 ounce) bag Mann's Butternut Squash Cubes

¼ teaspoon salt

1 teaspoon whipped light butter, or light buttery spread

2 tablespoons maple syrup, sugar-free



The Method

Place Mann's Butternut Squash Cubes and ¼ cup water in a microwave-safe bowl; cover and microwave for 5-7 minutes until soft.

Drain water from the bowl. Add salt, butter and syrup. Mash and stir until softens.

Nutrition Facts

Serving Size: 358g | Servings:2

Amount Per Serving

Calories 170 Calories from Fat 10 | Total Fat 1g (sat fat 0.5g trans 0g) | Cholesterol 0mg | Sodium 320mg | Total Carbohydrate 42g | Dietary Fiber 7g | Sugars 7g | Protein 3g | Vitamin A 720% | Vitamin C 120% | Calcium 15% | Iron 15%