

Butternut Squash



Health Benefits of Butternut Squash

This winter squash is loaded with vitamins, minerals and fiber, with a low glycemic index. Try using squash instead of white potatoes.

1-cup of cooked butternut squash provides:

- 82 calories, 2 gm protein, 7 gm fiber, no fat, no cholesterol

Potential benefits of butternut squash:

- Good source of potassium for maintaining healthy blood pressure
- Provides more than RDA requirement for the antioxidant beta-carotene for immunity and health of eyes, lungs and heart
- Calcium for bone density, nerve signaling, and healthy blood pH
- Magnesium, iron, phosphorus and 1/3 RDA for vitamin C which is important in wound healing and immune function
- Contains both soluble and insoluble fiber for healthy blood sugars, lowering cholesterol and maintaining digestive health
- Roast or mash instead of potatoes; Toss into soups or chili; Slice raw into salads/slaws or dip sticks in hummus; Add cooked puree into oatmeal, pancakes or muffins; Dehydrate slices for a crispy chip; Stuff halves with grain & veggie fillings and bake/roast



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