

Whole Food Profile

Learn the basics to start cooking with this nutritious, whole food!

BUTTERNUT SQUASH

Butternut Squash is a large, bell-shaped squash with a sweet flesh. It is a low-calorie squash that is high in nutrients, full of Vitamins C and A, potassium, magnesium and fiber. This squash is popular and versatile and can be prepared as a side, or as an ingredient in several dishes.



How to Select and Store Butternut Squash:

Selection

MINIMAL **HEAVY FOR** **DULL**
BRUISING **ITS SIZE** **COLOR**

Look for squash with minimal bruising and no obvious cuts or oozy areas. Overall size does not matter, but the squash should feel heavy for its size.

The squash skin should have a dull beige color with matte appearance. Choose a squash with a rich deep brown stem still attached.

Storage



KEEP IN A COOL DRY PLACE

A whole raw squash can be kept on the countertop for up to a week. For longer storage, keep it in a cool, dark place. A properly stored squash can last for weeks or even months.

Diced raw butternut squash can be refrigerated for 2-3 days. Once cooked, it will keep in the fridge for up to 5 days.

Nutrition Facts

Serving Size 1 cup (198g)
Servings Per Container 6-8

Amount Per Serving

Calories 70 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 240mg **10%**

Total Carbohydrate 15g **5%**

Dietary Fiber 3g **12%**

Sugars 7g

Protein 2g

Vitamin A 160% • Vitamin C 25%

Calcium 6% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Tips for Preparing and Cooking:

Usage

Butternut squash is known for its pleasant, sweet flavor. It is excellent roasted as a side dish, or made into soup. It can sometimes be used as an alternative to pumpkin or sweet potato

Try Butternut Squash....

Roasted

Pre-heat oven to 475°F. Cut the top, bottom, and skin off the squash, and dice into cubes. Season with salt, pepper, olive oil and roast for 15 minutes.

Baked

Cut squash in half lengthwise, and place it on a cookie sheet, cut side facing up. Bake at 350°F for 45-60 minutes or until soft.

Microwaved

Cut squash in half lengthwise, and place on a microwavable plate. Cook on high for 15 minutes until fork tender.