

# Mashed Butternut Squash

Yield: 4 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-mashed-butternut-squash-recipe>

## Ingredients:

- 1 butternut squash 4-5lbs
- 1/3 cup butter divided, melted
- 2 tablespoons brown sugar optional
- 1/4 teaspoon pumpkin pie spice or cinnamon
- salt
- pepper
- 1/4 cup light cream

## Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 50 milligrams
4. Fat: 18 grams
5. Fiber: 3 grams
6. Protein: 2 grams
7. SaturatedFat: 11 grams
8. Sodium: 320 milligrams
9. Sugar: 7 grams

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