

# Butternut Squash Grits

Yield: 4 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-cooking-butternut-squash-recipe>

## Ingredients:

- 2 cups butternut squash Cooked & Pureed
- 3 cups water
- 2 tablespoons butter divided
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 3/4 cup corn grits Stone Ground

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 15 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 1 grams
7. SaturatedFat: 4 grams
8. Sodium: 710 milligrams
9. Sugar: 2 grams

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