

Butternut Squash Puff

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 2 cups butternut squash mashed cooked, see Notes
- 1/2 cup cream cheese spreadable
- 1 cup dry bread crumbs divided, see Notes
- 2 tablespoons brown sugar
- 1 egg
- 1 dash ginger
- pepper
- salt
- 2 tablespoons melted butter

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 100 milligrams
4. Fat: 18 grams
5. Fiber: 3 grams
6. Protein: 7 grams
7. SaturatedFat: 10 grams
8. Sodium: 530 milligrams
9. Sugar: 8 grams

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