

# Butternut Squash Sweet Potato Casserole

Yield: 6 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/thanksgiving-canned-yam-pecan-recipe>

## Ingredients:

- 1 pound butternut squash peeled and cut into small chunks
- 1 pound sweet potatoes peeled and cut into small chunks
- 1 tablespoon butter
- 1/8 teaspoon cinnamon
- 1 pinch nutmeg
- 1 teaspoon chili powder
- 1/8 teaspoon smoked paprika
- 1 cup candied pecans chopped

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 5 milligrams
4. Fat: 2 grams
5. Fiber: 4 grams
6. Protein: 2 grams
7. SaturatedFat: 1 grams
8. Sodium: 60 milligrams
9. Sugar: 5 grams

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