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Baked Squash

Ingredients:

- 1 small butternut squash
- 4 teaspoons butter
- 2½ Tablespoons brown sugar

Makes 6 servings - 28% calories from fat

Instructions:

1. Cut squash crosswise into ¾ inch slices (small round circles).
2. Place in baking pan; add ¼ cup water and cover.
3. Bake at 350° F for 50 minutes.
4. Prick to make sure squash is almost done. Drain.
5. Brush squash with melted butter and sprinkle with brown sugar.
6. Bake uncovered for 10 minutes and serve.

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 80	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 25mg	1%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 1g	
Vitamin A 150% • Vitamin C 25%	
Calcium 4% • Iron 2%	
*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	

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