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nutritious foods!

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F2S Roasted Butternut with Cinnamon and Brown Sugar

(Servings: 6)

Ingredients:

- 7 3/4 cups Butternut Squash
- 1/4 cup Butter, melted
- 1/4 cup Brown Sugar
- 1/2 tsp Salt
- 1/2 tsp Cinnamon
- Pinch of Black Pepper

Instructions:

1. Preheat oven to 375 F.
2. Peel and cut squash into small cubes.
3. Melt the butter in a small pot.
4. Add brown sugar & seasonings. Mix well.
5. Pour the butter mixture over the squash.
6. Roast, uncovered, until tender and light brown, about 30 minutes.

Nutrition Facts

servings per container
Serving size (200g)

Amount per serving
Calories **180**

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 200mg **9%**

Total Carbohydrate 30g **11%**

Dietary Fiber 4g **14%**

Total Sugars 13g

Includes 9g Added Sugars **18%**

Protein 2g

Vitamin D 0mcg **0%**

Calcium 99mg **8%**

Iron 1mg **6%**

Potassium 653mg **15%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: www.montana.edu/mtharvestofthemoth