

John Stalker Institute

000146 - Roasted Butternut Squash

Recipe HACCP Process: #2 Same Day Service

Source:
 Number of Portions: 50
 Size of Portion: 1/2 cup

Meat/Alt: 0 oz
 Grains: 0 oz
 Fruit: 0 Cup
 Vegetable: 0.5 Cup
 Milk: 0 Cup

901493 SQUASH,WNTR,BUTTRNUT,RAW..... 15 LB 004053 OIL,OLIVE,SALAD OR COOKING..... 1/4 CUP	1. Heat convection oven to 325°F, or conventional oven to 350°F. 2. Working carefully, as squash can be quite resistant to a knife, cut squash in half and remove seeds with a large spoon. Place squash, cut side down, on parchment-lined sheet pans, adding just enough olive oil to each sheet pan to lubricate the surface and prevent sticking. 4. Cook until tender and very soft. Cooking times will vary widely depending on the size of squash used. A way to check for doneness is to press down lightly on the top of the squash. It should depress easily and feel very soft to the touch. 5. Flip to cool slightly, then scoop soft cooked interior from squash with a large spoon. Use caution to not include any of the skin as you remove the flesh. 6. Serve hot. CCP: Heat to 140° F or higher CCP: Hold at 140° F or higher for service.
	ALTERNATE METHOD: Once roasted, whipped butternut squash can be made by blending roasted squash with butter, milk, and/or seasonings/sweetener in a mixing bowl. ALTERNATE SQUASH TYPES: Acorn Squash, Hubbard Squash, or other hardy winter squash can be substituted for the butternut squash. Or if making whipped squash, try a squash blend.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	56 kcal	Cholesterol	0.00 mg	Protein	1.29 g	Calcium	38.11 mg	20.27%	Calories from Total Fat
Total Fat	1.26 g	Sodium	5.46 mg	Vitamin A	552.48 RE	Iron	0.80 mg	3.00%	Calories from Sat Fat
Saturated Fat	0.19 g	Carbohydrate	11.69 g	Vitamin A	1860.18 IU	Water ¹	122.14 g	*N/A*	Calories from Trans Fat
Trans Fat ¹	*N/A* g	Dietary Fiber	2.04 g	Vitamin C	16.74 mg	Ash ¹	0.78 g	83.77%	Calories from Carbohydrates
								9.26%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.