Winter Squash and Pumpkin: Nutrition Benefits

**Winter Squash, baked**

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serving Size:</strong> 1 cup, cubes (205g)</td>
</tr>
<tr>
<td><strong>Calories:</strong> 76</td>
</tr>
<tr>
<td><strong>Calories from Fat:</strong> 6.5</td>
</tr>
<tr>
<td><strong>Total Fat:</strong> 0.7g</td>
</tr>
<tr>
<td><strong>Saturated Fat:</strong> 0.1g</td>
</tr>
<tr>
<td><strong>Trans Fat:</strong> 0g</td>
</tr>
<tr>
<td><strong>Cholesterol:</strong> 0mg</td>
</tr>
<tr>
<td><strong>Sodium:</strong> 2.1mg</td>
</tr>
<tr>
<td><strong>Potassium:</strong> 49mg</td>
</tr>
<tr>
<td><strong>Total Carbohydrates:</strong> 18g</td>
</tr>
<tr>
<td><strong>Dietary Fiber:</strong> 5.7g</td>
</tr>
<tr>
<td><strong>Sugars:</strong> 6.8g</td>
</tr>
<tr>
<td><strong>Protein:</strong> 1.8g</td>
</tr>
<tr>
<td><strong>Vitamin A:</strong> 214%</td>
</tr>
<tr>
<td><strong>Vitamin C:</strong> 33%</td>
</tr>
<tr>
<td><strong>Calcium:</strong> 4.5%</td>
</tr>
<tr>
<td><strong>Iron:</strong> 5%</td>
</tr>
<tr>
<td><em>Percent Daily Values are based on a 2000 calorie diet.</em></td>
</tr>
</tbody>
</table>

**Cooked pumpkin, mashed**

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serving Size:</strong> 1 cup, mashed (245g)</td>
</tr>
<tr>
<td><strong>Calories:</strong> 40</td>
</tr>
<tr>
<td><strong>Calories from Fat:</strong> 1.5</td>
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<tr>
<td><strong>Total Fat:</strong> 0.2g</td>
</tr>
<tr>
<td><strong>Saturated Fat:</strong> 0.1g</td>
</tr>
<tr>
<td><strong>Trans Fat:</strong> 0g</td>
</tr>
<tr>
<td><strong>Cholesterol:</strong> 0mg</td>
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<tr>
<td><strong>Sodium:</strong> 2.5mg</td>
</tr>
<tr>
<td><strong>Potassium:</strong> 56mg</td>
</tr>
<tr>
<td><strong>Total Carbohydrates:</strong> 12g</td>
</tr>
<tr>
<td><strong>Dietary Fiber:</strong> 2.7g</td>
</tr>
<tr>
<td><strong>Sugars:</strong> 5.1g</td>
</tr>
<tr>
<td><strong>Protein:</strong> 1.8g</td>
</tr>
<tr>
<td><strong>Vitamin A:</strong> 282%</td>
</tr>
<tr>
<td><strong>Vitamin C:</strong> 19%</td>
</tr>
<tr>
<td><strong>Calcium:</strong> 3.7%</td>
</tr>
<tr>
<td><strong>Iron:</strong> 7.0%</td>
</tr>
<tr>
<td><em>Percent Daily Values are based on a 2000 calorie diet.</em></td>
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</tbody>
</table>

**Nutritional Highlights:**

- **Vitamin A**—both squash and pumpkin have over 200% of the daily value of this vitamin that has been linked to skin, eye, and immune health.
- **Vitamin C**—both squash and pumpkin boast high levels of vitamin C, which is important for immune, skin, bone, and cardiovascular health.
- **Fiber**—while squash boasts more fiber than pumpkin, both have significantly high levels of dietary fiber, which helps aid in digestion and helps you feel full longer by helping regulate blood sugar levels.
- **Potassium**—both squash and pumpkin have moderately high levels of potassium, which is an important electrolyte and are important for nerve and muscle function.
- **Antioxidants**, such as alpha-carotene, beta-carotene and beta-cryptoxanthin, can help reduce the risk of cancers and chronic diseases, such as heart disease and eye conditions.
Roasted Squash Varieties- 3 options

### Dessert Squash
**Yield:** 4 to 6 servings  
**Prep Time:** 15 minutes  
**Cook Time:** 35 minutes  
**Total Time:** 50 minutes

**Ingredients**
- 1 teaspoon ground ginger  
- ⅓ teaspoon ground cinnamon  
- ¼ teaspoon ground cloves  
- ¼ teaspoon nutmeg  
- 2 pounds (about 8 cups) assorted squash (such as kabocha, acorn, and butternut), cut into 1-inch cubes  
- 1½ tablespoons maple syrup  
- Kosher salt, to taste

**Instructions**
1. Make the squash: Preheat the oven to 325°. In a small bowl, combine the ginger, cinnamon, cloves and nutmeg.  
2. On a foil-lined rimmed baking sheet, place the assorted squash and combine with the spices and maple syrup. Season with salt and toss until evenly combined. Cover the squash with foil and bake until tender, 30 to 35 minutes.  
3. Remove the squash from the oven and allow to cool for 10 minutes, still covered with the foil. Place in serving dish and enjoy!

Nutrition Facts of Recipe:  
- Calories: 142kcal  
- Carbohydrates: 26g  
- Protein: 1g  
- Fat: 4g  
- Sodium: 7mg  
- Potassium: 547mg  
- Fiber: 3g  
- Sugar: 11g  
- Vitamin A: 16070IU  
- Vitamin C: 31.8mg  
- Calcium: 83mg  
- Iron: 1.1mg  


### Classic Squash
**Yield:** 2 to 4 servings  
**Prep Time:** 20 minutes  
**Cook Time:** 1 hour  
**Total Time:** 1 hour and 20 minutes

**Ingredients**
- 1 whole winter squash of any variety  
- Olive oil  
- Salt and pepper to taste

**Instructions**
1. Preheat oven to 400 F.  
2. With a large sharp knife, pierce squash near the stem, insert the knife, and rock back and forth cutting your way around the entire squash cutting all but the stem. Use knife to remove stem and break squash in half.  
3. Use a spoon to discard seeds. If desired, you can remove pulp from seeds and roast them too.  
4. Rub the flesh of the squash with olive oil. Place face down on a rimmed baking sheet. Bake, face down, in oven for 45-60 minutes. You’ll know when the squash is done based on how easily a butter knife inserts into the flesh of the squash.  
5. Remove from oven. When cool enough to handle, cut squash into sections and remove skin.  
6. At this point you can serve the roasted squash as a side dish, cube or puree it for later use.

Nutrition Facts of Recipe: Serving - 3/4 cup:  
- Calories: 140 calories  
- Carbohydrates: 2g  
- Protein: 6.5g  
- Fat: 4g  
- Sodium: 54mg  
- Potassium: 3.5g  
- Fiber: 6g  

https://selfproclaimedfoodie.com/roast-winter-squash/

### Spiced Squash
**Yield:** 4 servings  
**Prep Time:** 20 minutes  
**Cook Time:** 35 minutes  
**Total Time:** 50 minutes

**Ingredients**
- 1 tablespoon onion powder  
- 1 tablespoon garlic powder  
- ½ teaspoon smoked paprika  
- ¼ teaspoon cayenne pepper  
- ½ teaspoon kosher salt  
- 2 tsp brown sugar  
- 2 lbs mixed winter squash, butternut, kabocha, etc., peeled and cut into 3/4 –inch cubes  
- 2 tablespoons olive oil

**Instructions**
1. Preheat oven to 400 degrees.  
2. In a small bowl, combine the onion powder, garlic powder, smoked paprika, cayenne, salt and brown sugar.  
3. In a large mixing bowl, toss squash with butter and olive oil. Add 1 tablespoon of the spice mixture to the bowl and toss well to coat.  
4. Place squash on a sheet pan lined with parchment and bake for 40-45 minutes, tossing every 15 minutes, to allow for even browning. Sprinkle with 1 1/2 teaspoons more of spice mixture. Toss gently to coat and serve hot.

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- Sodium: 54mg  
- Potassium: 3.5g  
- Fiber: 6g  

https://www.skinnytaste.com/roasted-seasoned-winter-squash-medley/
# Pumpkin Puree

**Yield:** 2-2.5 pounds of puree  
**Prep Time:** 20 minutes  
**Cook Time:** 45 minutes  
**Total Time:** 1 hour and 10 minutes

**Ingredients**
- 1 (4 to 6-pound) baking pumpkin, rinsed and dried
- Kosher salt

**Instructions**
1. Heat the oven to 400 degrees F.
2. Slice a small piece of skin off the one side of the pumpkin so when laid on its side, the pumpkin will lay flat without rolling. Remove the stem and split the pumpkin in half from top to bottom, using a large cleaver and a mallet. Scoop out the seeds and fiber with a large metal spoon or ice cream scoop. Cut the fibers with kitchen shears if necessary. Reserve seeds for another use.
3. Sprinkle the flesh with kosher salt and lay the halves, flesh side down, on a parchment paper-lined half sheet pan. Roast until a paring knife can be easily inserted and removed from the pumpkin, 30 to 45 minutes. Test in several places to ensure doneness.
4. Remove the half sheet pan to a cooling rack and cool the pumpkin for 1 hour. Using a large spoon, remove the roasted flesh of the pumpkin from the skin to the bowl of a food processor. Process until the flesh is smooth, 3 to 4 minutes. Store in the fridge for up to 1 week or freeze for up to 3 months.

Nutrition facts of recipe: Per Serving: 40 calories; 0 g fat; 10 g carbohydrates; 1 g protein; 4 g fiber; 4.9 mg sodium.

https://www.foodnetwork.com/recipes/alton-brown/pumpkin-puree-recipe-1922629

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# Coconut Curry Pumpkin Soup

**Yield:** 4 servings  
**Prep Time:** 15 minutes  
**Cook Time:** 15 minutes  
**Total Time:** 30 minutes

**Ingredients**
- 2 tbsp. extra-virgin olive oil
- 1 small onion, finely chopped
- 1 clove garlic, minced
- 2 tsp. fresh ginger, grated (or 1 tsp. ground ginger)
- 2 tsp. curry powder
- 1 1/2 tsp. cinnamon
- 1 tsp. nutmeg
- 1/2 tsp. cloves
- kosher salt
- Freshly ground black pepper
- 3 c. pumpkin puree (fresh or canned)
- 1/4 c. brown sugar, packed
- 4 c. vegetable stock
- 1 14-oz. can coconut milk

**Instructions**
1. Heat oil in large pot over medium-high heat. Add onion and cook until tender, 4 to 5 minutes. Add garlic and ginger, stirring, until fragrant, 1 minute. Stir in curry, cinnamon, nutmeg, and cloves and season with salt and pepper.
2. Stir in pumpkin puree and brown sugar, then whisk in vegetable stock and bring to boil. Reduce heat and simmer until slightly thickened, about 15 minutes. Add coconut milk, cooking over low heat, until warmed through, then season with salt and pepper.

Nutrition facts of recipe: Per Serving: 171 calories; 13.5 g fat; 12 g carbohydrates; 2 g protein; 0 mg cholesterol; 601 mg sodium.

**Pumpkin Pie**

Yield: 8 servings  
Prep Time: 1 hour and 30 minutes  
Cook Time: 2 hours  
Total Time: 3 hours and 30 minutes

**INGREDIENTS**

**Dough:**
- 1 1/4 cups all-purpose flour  
- 2 teaspoons sugar  
- 1/8 teaspoon salt  
- 1/2 cup cold butter (1 stick), diced  
- 1 large egg, lightly beaten

**Filling:**
- 2 cups of unsweetened pure pumpkin puree  
- 3/4 cup packed light brown sugar  
- 3 eggs, lightly beaten  
- 1 1/4 cups half-and-half  
- 1 1/2 teaspoons ground cinnamon  
- 1/2 teaspoon salt  
- 1/2 teaspoon ground ginger  
- 1/2 teaspoon ground allspice  
- 1/4 teaspoon freshly ground nutmeg

**INSTRUCTIONS**

1. Make the dough by hand. In a medium bowl, whisk together the flour, sugar, and salt. Using your fingers, work the butter into the dry ingredients until it resembles yellow corn meal mixed with beansized bits of butter. (If the flour/butter mixture gets warm, refrigerate it for 10 minutes before proceeding.) Add the egg and stir the dough together with a fork or by hand in the bowl. If the dough is dry, sprinkle up to a tablespoon more of cold water over the mixture.

2. Form the dough into a disk, wrap with plastic wrap, and refrigerate until thoroughly chilled, at least 1 hour.

3. On a lightly floured surface, roll the dough with a rolling pin into a 12-inch circle about 1/8-inch thick. Transfer the dough to a 9-inch pie pan and trim the edges, leaving about an extra inch hanging over the edge. Tuck the overhanging dough underneath itself to form a thick edge that is even with the rim. Flute the edge as desired. Freeze the pie shell for 30 minutes.

4. Set separate racks in the center and lower third of oven and preheat to 400 degrees F. Put a piece of parchment paper or foil over the pie shell and fill with dried beans or pie weights. Bake on a baking sheet on the center rack until the dough is set, about 20 minutes. Remove from the oven and lift sides of the parchment paper to remove the beans. Continue baking until the pie shell is lightly golden brown, about 10 more minutes. Cool on a rack.

5. Lower the oven temperature to 350 degrees F.

6. While the pie shell is cooling make the filling. In a large bowl, whisk together the pumpkin, brown sugar, eggs, half-and-half, spices, and salt until smooth. Return the pie shell to the baking sheet and pour in the filling.

7. Bake on the lower oven rack until the edges of the filling are set but the center is still slightly loose, about 50 to 60 minutes. (If the edges get very dark, cover them with aluminum foil.) Cool on a rack. Serve room temperature or slightly warm.

Classic Roasted Pumpkin Seeds

Yield: 1 and ½ cup
Prep Time: 15 minutes
Cook Time: 45 minutes
Total Time: 1 hour

Ingredients
- 1 ½ cup raw whole pumpkin seeds
- 2 teaspoons olive oil
- Kosher salt, to taste

Instructions
1. Preheat oven to 300 degrees F (150 degrees C).
2. Toss seeds in a bowl with the melted butter and salt. Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown; stir occasionally.
3. Other flavorings can be added after baking.

Cajun Spiced Pumpkin Seeds

Yield: 1 cup
Prep Time: 15 minutes
Cook Time: 45 minutes
Total Time: 1 hour

Ingredients
- 1 cup raw whole pumpkin seeds, washed and dried
- 1 teaspoon paprika
- ¾ teaspoon Cajun seasoning, or to taste
- salt to taste
- 2 dashes Worcestershire sauce
- 1 tablespoon olive oil

Instructions
1. Preheat oven to 300 degrees F (150 degrees C).
2. Toss pumpkin seeds with paprika, Cajun seasoning, and salt until coated. Mix Worcestershire sauce with olive oil in a small bowl, pour over seeds, and stir to combine. Spread seeds onto a baking sheet in a single layer.
3. Roast seeds in the preheated oven until browned and crunchy, 45 minutes to 1 hour; stir and turn seeds several times during roasting.