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## Butternut Squash Hash ♦♦

A delicious and hearty hash made with butternut squash, perfect for breakfast or brunch.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 25 mins

**Total Time:** 40 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

|             |                  |
|-------------|------------------|
| 500 g       | Butternut squash |
| 2 tbsp      | olive oil        |
| 1<br>medium | onion            |
| 1<br>medium | bell pepper      |
| 2 cloves    | garlic           |

|               |                |
|---------------|----------------|
| 1<br>teaspoon | salt           |
| 1<br>teaspoon | black pepper   |
| 1<br>teaspoon | paprika        |
| 1<br>teaspoon | cayenne pepper |
| 2 tbsp        | fresh parsley  |

## Directions

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### Step 1

#### Cutting

Peel and dice the butternut squash.

**Prep Time:** 10 mins

**Cook Time:** 15 mins

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### Step 2

#### Sautéing

Heat olive oil in a skillet over medium heat. Add the onion, bell pepper, and garlic. Cook until softened.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 3

Sautéing

Add the diced butternut squash to the skillet. Season with salt, black pepper, paprika, and cayenne pepper. Cook until the squash is tender and lightly browned.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

### Step 4

Garnish with fresh parsley before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 8 g

**Protein:** 2 g

**Carbohydrates:** 18 g

## Nutrition Facts

## Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein  | 2 g   | 11.76%                 | 11.76%                   |

## Carbohydrates

| Nutrient      | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 18 g  | 32.73%                 | 36%                      |
| Fibers        | 4 g   | 10.53%                 | 16%                      |
| Sugars        | 4 g   | N/A                    | N/A                      |
| Lactose       | 0 g   | N/A                    | N/A                      |

## Fats

| Nutrient            | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 6 g   | N/A                    | N/A                      |
| Saturated Fat       | 1 g   | 4.55%                  | 5.88%                    |
| Fat                 | 8 g   | 28.57%                 | 32%                      |
| Cholesterol         | 0 mg  | N/A                    | N/A                      |

## Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
|----------|-------|------------------------|--------------------------|

|             |        |         |         |
|-------------|--------|---------|---------|
| Vitamin A   | 200 iu | 22.22%  | 28.57%  |
| Vitamin C   | 30 mg  | 33.33%  | 40%     |
| Vitamin B6  | 10 mg  | 769.23% | 769.23% |
| Vitamin B12 | 0 mcg  | 0%      | 0%      |
| Vitamin E   | 10 mg  | 66.67%  | 66.67%  |
| Vitamin D   | 0 mcg  | 0%      | 0%      |

## Minerals

| Nutrient  | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium    | 400 mg | 17.39%                 | 17.39%                   |
| Calcium   | 6 mg   | 0.6%                   | 0.6%                     |
| Iron      | 8 mg   | 100%                   | 44.44%                   |
| Potassium | 450 mg | 13.24%                 | 17.31%                   |
| Zinc      | 4 mg   | 36.36%                 | 50%                      |
| Selenium  | 2 mcg  | 3.64%                  | 3.64%                    |

## Recipe Attributes

### Seasonality

Winter Fall

### Events

Christmas

## Meal Type

Breakfast

Lunch

Snack

Brunch

## Course

Drinks

Salads

Snacks

## Cultural

Chinese New Year

## Diet

South Beach Diet

Ornish Diet

Nutrisystem Diet

Vegetarian Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Ayurvedic Diet

Anti-Inflammatory Diet

Gluten-Free Diet

## Difficulty Level

Medium

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