

Puree' and Simple

Target Stores Ad
Food Network Magazine - Nov 2013

Servings: 4

1 package Archer Farms frozen
butternut squash
2 tablespoons honey
1/2 teaspoon pumpkin pie spice
1 can (14 ounce) whole berry
cranberry sauce
1 cup Cool Whip whipped topping
2 graham crackers, coarsely crushed

Microwave the squash as directed on the package.

In a medium bowl, mash the squash, honey and spice.

To make parfaits, layer the squash mixture, cranberries and whipped topping in glasses. Sprinkle with the crackers.

Refrigerate until serving time.

Start to Finish Time: 20 minutes

Per Serving (excluding unknown items): 48 Calories; trace Fat (6.7% calories from fat); trace Protein; 12g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 22mg Sodium. Exchanges: 0 Grain(Starch); 0 Fat; 1/2 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	48	Vitamin B6 (mg):	trace
% Calories from Fat:	6.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	91.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.2%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	2mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	12g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0

Protein (g): trace
Sodium (mg): 22mg
Potassium (mg): 12mg
Calcium (mg): 3mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 1IU
Vitamin A (r.e.): 0RE

Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 48 Calories from Fat: 3

% Daily Values*

Total Fat	trace	1%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	22mg	1%
Total Carbohydrates	12g	4%
	Dietary Fiber trace	1%
Protein	trace	
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Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		1%

** Percent Daily Values are based on a 2000 calorie diet.*