



Recepie from:
El Salvador



INCAP
Instituto de Nutrición
de Centro América y Panamá

Honeyed Squash

8 servings

Ingredients

1 unit	medium squash, cut into quarters
1/4 cup	purified water
1 unit	block panela (brown sugar cane), broken into pieces
1 unit	star anise
6 units	garlic cloves
10 units	allspice berries
1 unit	cinnamon stick

Utensils

Pot
Knife
Blender
Cutting board

Preparation

1. Wash and cut the squash into quarters.
2. Place the squash in a pot together with the water, panela, and spices.
3. Cover and cook over low heat until the squash becomes soft and the syrup thickens.
4. Serve hot.



Honeyed Squash: Sweet Salvadoran Memory

Honeyed squash is more than a dessert in El Salvador; it is a memory shared among families and generations. Its aroma of pana and spices fills homes during holidays and traditional celebrations. Every spoonful represents tradition, identity, and family unity.

When buying squash and other ingredients at local markets:

- Apoyas a tu comunidad
- Obtienes productos frescos
- Fortaleces la economía local

What to check

- It should be tender, with shiny and smooth skin
- Firm and with intact skin
- Weight indicates freshness (it should not be dry)

To store it:

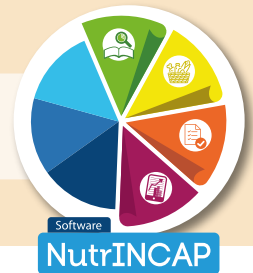
- It can be frozen in pieces
- It lasts approximately 1 month

Information available in A Tribute to the Environment and Health. Request your copy here.

Nutritional information

Estimated nutritional value per serving

Calculations performed with NutrINCAP
Request more information here.



Energy (Kcal)	Protein (g)	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Zinc (mg)	Copper (mg)	Selenium (mcg)	Vitamin C (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Folates (mcg)	Vitamin B12 (mcg)	Vitamin A (mcg)	Total fat (g)	Saturated fat (g)	Monounsaturated fat (g)	Polyunsaturated fat (g)
350.11	1.65	86.65	4.41	19.74	68.94	0.29	0.1	0.56	17.94	0.06	0.17	0.94	0.22	32.34	0	91.28	0.65	0.06	0.02	0.09

Cholesterol (mg)	Available carbohydrates (g)	Total dietary fiber (g)	Ash (g)	Potassium (mg)	Sodium (mg)	Pantothenic acid (mg)	Folic acid (mcg)	Food folates (mcg)	Retinol (mcg)	Beta-carotene (mcg)	Vitamin E (mg)	Vitamin D (mcg)	Vitamin K (mcg)
0	89.08	2.35	1.73	475.31	6.02	0.26	0	32.34	0	1099.24	0.18	0	1.73

Photograph and recipe obtained from:
Recipe Book "Flavors of Memory from the Indigenous and Afrodescendant Cuisine of El Salvador," Ministry of Health, Ministry of Culture, with support from FAO.



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