



HEALTH SCORE

52%

Autumn Farmer's Market Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



205 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounces arugula packed (8 cups lightly)
- ☐ 4.5 cups cubes butternut squash peeled seeded (from one 2-pound squash)
- ☐ 6 servings coarse kosher salt
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons orange juice
- ☐ 2 teaspoons pomegranate molasses
- ☐ 0.5 cup pomegranate seeds

- ☐ 1 pinch pepper dried red crushed
- ☐ 1.5 tablespoons walnut oil
- ☐ 0.5 cup walnuts toasted coarsely chopped

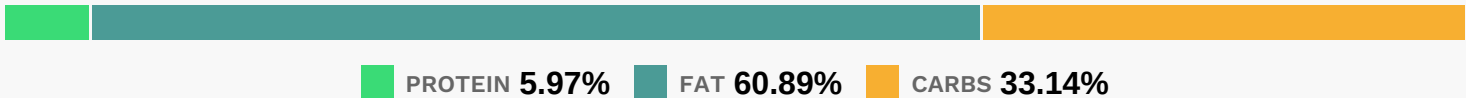
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ spatula

Directions

- ☐ Preheat oven to 450°F. Toss squash, oliveoil, and crushed red pepper on largerimmed baking sheet.
- ☐ Sprinkle with coarsesalt. Roast 15 minutes. Using spatula,turn squash over. Roast until edges arebrowned and squash is tender, about 15minutes longer.
- ☐ Sprinkle with coarse salt.DO AHEAD: Can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Whisk orange juice, walnut oil, andlemon juice in large shallow bowl. Season to taste with salt and pepper.
- ☐ Add arugula,walnuts, and pomegranate seeds; tossto coat. Season to taste with coarsesalt and pepper. Spoon warm or roomtemperaturesquash over salad.
- ☐ Drizzlewith pomegranate molasses and serve.
- ☐ * A thick pomegranate syrup; available atsome supermarkets and at Middle Easternmarkets, and from adrianascaravan.com.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:1.91, Inflammation Score:-10, Nutrition Score:15.447826007138%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg Kaempferol: 6.59mg, Kaempferol: 6.59mg, Kaempferol: 6.59mg, Kaempferol: 6.59mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 205.43kcal (10.27%), Fat: 14.93g (22.97%), Saturated Fat: 1.62g (10.11%), Carbohydrates: 18.28g (6.09%), Net Carbohydrates: 14.66g (5.33%), Sugar: 5.91g (6.56%), Cholesterol: 0mg (0%), Sodium: 204.13mg (8.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.59%), Vitamin A: 11628.29IU (232.57%), Vitamin C: 29.72mg (36.03%), Manganese: 0.62mg (31.18%), Vitamin K: 27.62µg (26.3%), Vitamin E: 2.44mg (16.27%), Folate: 63.39µg (15.85%), Magnesium: 62.36mg (15.59%), Potassium: 527.62mg (15.07%), Fiber: 3.62g (14.49%), Copper: 0.27mg (13.48%), Vitamin B6: 0.24mg (12.06%), Vitamin B1: 0.16mg (10.74%), Calcium: 92.48mg (9.25%), Phosphorus: 84.25mg (8.42%), Iron: 1.38mg (7.66%), Vitamin B3: 1.49mg (7.46%), Vitamin B5: 0.62mg (6.22%), Zinc: 0.6mg (4%), Vitamin B2: 0.06mg (3.6%), Selenium: 1.14µg (1.63%)