



Autumn Squash Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



366 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 0.3 cup apple cider vinegar
- ☐ 1 Leaves cilantro leaves fresh
- ☐ 3 slices country ham
- ☐ 1 delicata squash salted halved for 30 seconds cut into half-moons, then blanched in water
- ☐ 1 clove garlic grated
- ☐ 1 teaspoon honey
- ☐ 9 servings hubbard squash thin

- ☐ 1 kabocha squash cut into large wedges
- ☐ 1 bunch kale
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup pumpkin seeds toasted (pumpkin seeds)
- ☐ 4 servings salt
- ☐ 1 cup savory vegetable
- ☐ 1 watermelon radish paper-thin sliced

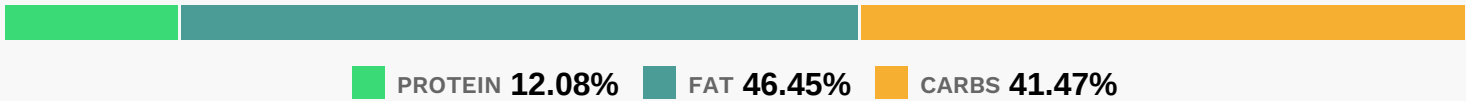
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan

Directions

- ☐ Preheat the oven to 375°.
- ☐ Heat the pickling liquid over medium-high heat in a medium saucepan and add the Hubbard squash ribbons. Simmer until tender, about 5 minutes. Set aside to cool in the liquid.
- ☐ In a medium-sized roasting pan, toss the kabocha squash wedges with salt, pepper, and a drizzle of olive oil. Roast until tender, about 15 minutes. Set aside.
- ☐ For the dressing, whisk together the vinegar, honey, and grated garlic in a bowl and slowly add the 1/4 cup olive oil until well mixed.
- ☐ Here, our fingers are our best tools. Wash your hands and tear the kale into bite-sized pieces and distribute on a platter.
- ☐ Layer on the pickled Hubbard squash, roasted kabocha squash, blanched delicata squash, and the watermelon radish slices.
- ☐ Drizzle on the dressing, then gently run your fingers through the salad to distribute the dressing without breaking the delicate squash slices. Lace a few slices of ham over the top and scatter the toasted pumpkin seeds and cilantro.

Nutrition Facts



Properties

Glycemic Index:76.32, Glycemic Load:3.12, Inflammation Score:-10, Nutrition Score:32.307391156321%

Flavonoids

Pelargonidin: 26.83mg, Pelargonidin: 26.83mg, Pelargonidin: 26.83mg, Pelargonidin: 26.83mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg Kaempferol: 15.58mg, Kaempferol: 15.58mg, Kaempferol: 15.58mg, Kaempferol: 15.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg

Nutrients (% of daily need)

Calories: 365.81kcal (18.29%), Fat: 20.21g (31.09%), Saturated Fat: 3.68g (22.98%), Carbohydrates: 40.59g (13.53%), Net Carbohydrates: 31.3g (11.38%), Sugar: 10.14g (11.27%), Cholesterol: 13.02mg (4.34%), Sodium: 513.56mg (22.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.82g (23.64%), Vitamin A: 10232.97IU (204.66%), Vitamin K: 140.42µg (133.74%), Vitamin C: 83.62mg (101.35%), Manganese: 1.16mg (58%), Potassium: 1609.71mg (45.99%), Vitamin B6: 0.75mg (37.43%), Fiber: 9.29g (37.14%), Folate: 128.69µg (32.17%), Magnesium: 102.56mg (25.64%), Vitamin B2: 0.43mg (25.49%), Phosphorus: 228.44mg (22.84%), Vitamin B1: 0.34mg (22.62%), Iron: 3.74mg (20.8%), Calcium: 206.26mg (20.63%), Copper: 0.4mg (19.98%), Vitamin B3: 3.91mg (19.56%), Vitamin E: 2.74mg (18.26%), Zinc: 1.98mg (13.23%), Selenium: 7.38µg (10.54%), Vitamin B5: 0.95mg (9.53%), Vitamin B12: 0.13µg (2.24%)