

Baked Delicata Squash with Lime Butter



Vegetarian



Gluten Free



Low Fod Map

READY IN



40 min.

SERVINGS



4

CALORIES



155 kcal

SIDE DISH

Ingredients

- 3 tablespoons butter softened
- 1 teaspoon chili powder to taste
- 2 delicata squash halved seeded
- 4 servings pepper black to taste
- 1 tablespoon juice of lime fresh

Equipment

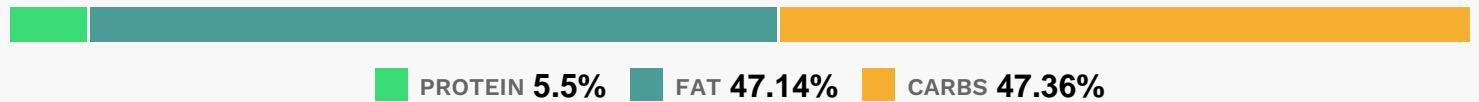
- bowl
- oven

baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place the squash cut side down into a baking dish.
- Pour water into the dish to about 1/4 inch deep.
- Bake in preheated oven until the squash pierces easily with a fork, about 30 minutes.
- Meanwhile, blend the butter with the lime juice and chili powder in a small bowl.
- Mix in the lime zest, if desired. Season to taste with salt and pepper. Spoon the butter mixture into the cooked squash, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.02, Inflammation Score:-9, Nutrition Score:11.717826166879%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 154.89kcal (7.74%), Fat: 8.89g (13.67%), Saturated Fat: 5.47g (34.2%), Carbohydrates: 20.09g (6.7%), Net Carbohydrates: 16.48g (5.99%), Sugar: 5.09g (5.65%), Cholesterol: 22.58mg (7.53%), Sodium: 84.87mg (3.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.67%), Vitamin A: 3509.32IU (70.19%), Vitamin C: 28.99mg (35.14%), Potassium: 810.74mg (23.16%), Manganese: 0.39mg (19.56%), Vitamin B6: 0.37mg (18.29%), Fiber: 3.61g (14.45%), Folate: 55.21µg (13.8%), Vitamin B2: 0.15mg (8.79%), Copper: 0.17mg (8.41%), Magnesium: 33.14mg (8.28%), Iron: 1.42mg (7.86%), Calcium: 68.56mg (6.86%), Vitamin B3: 1.2mg (6.01%), Phosphorus: 56.8mg (5.68%), Vitamin E: 0.72mg (4.77%), Vitamin B1: 0.07mg (4.72%), Vitamin B5: 0.45mg (4.48%), Vitamin K: 3.94µg (3.75%), Zinc: 0.51mg (3.41%), Selenium: 1.12µg (1.6%)