



Butternut Croutons



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



483 kcal

SIDE DISH

Ingredients

- ☐ 3 cups bread fresh peasant-style cubed
- ☐ 1.5 pounds butternut squash peeled cut into 1/2-inch pieces 4 cups
- ☐ 1.5 tablespoons brown sugar dark
- ☐ 2 tablespoons sage fresh chopped
- ☐ 3 tablespoons olive oil
- ☐ 1.5 teaspoons salt
- ☐ 9 ounces shallots quartered
- ☐ 0.8 teaspoon pepper white freshly ground

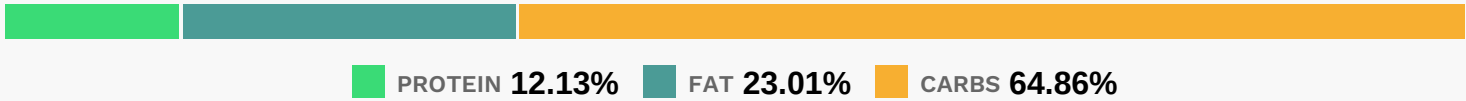
Equipment

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

Directions

- ☐ Preheat oven to 40
- ☐ Arrange bread cubes on a baking sheet, and bake at 400 for 10 to 12 minutes or until lightly browned and toasted. Set aside to cool slightly. Increase oven temperature to 45
- ☐ Mound squash and shallot in the center of a rimmed baking sheet.
- ☐ Whisk together salt and next 3 ingredients in a small bowl.
- ☐ Pour over mounded squash and shallot, and toss to coat.
- ☐ Spread vegetables in a single layer on the sheet, using 2 sheets if necessary.
- ☐ Roast at 450 for 20 minutes or until tender when pierced. Shake the sheet halfway through cooking. Toss warm squash in a bowl with reserved croutons and sage.
- ☐ Spread on a heated platter, and cover to keep warm until ready to serve.

Nutrition Facts



Properties

Glycemic Index:14.78, Glycemic Load:31.92, Inflammation Score:-10, Nutrition Score:32.94391287928%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 482.7kcal (24.14%), Fat: 12.62g (19.42%), Saturated Fat: 1.88g (11.75%), Carbohydrates: 80.04g (26.68%), Net Carbohydrates: 71.48g (25.99%), Sugar: 15.53g (17.26%), Cholesterol: 0mg (0%), Sodium: 1151.63mg (50.07%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.97g (29.94%), Copper: 6.36mg (318.04%), Vitamin A: 12058.28IU (241.17%), Manganese: 1.98mg (98.82%), Selenium: 35.19µg (50.27%), Vitamin B1: 0.63mg (42.07%), Vitamin B3: 8.06mg (40.31%), Folate: 145.68µg (36.42%), Fiber: 8.57g (34.28%), Vitamin C: 27.5mg (33.34%), Iron: 5.89mg (32.71%), Magnesium: 99.9mg (24.97%), Calcium: 234.73mg (23.47%), Vitamin B6: 0.45mg (22.71%), Phosphorus: 216.83mg (21.68%), Potassium: 720.88mg (20.6%), Vitamin B2: 0.33mg (19.53%), Vitamin E: 2.88mg (19.22%), Vitamin B5: 1.55mg (15.51%), Vitamin K: 11.6µg (11.05%), Zinc: 1.61mg (10.75%)