



Butternut Squash Agrodolce

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



145 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 pound butternut squash peeled cut into 1/2-inch-thick wedges
- 0.3 cup basil fresh chopped
- 3 tablespoons mint leaves fresh chopped
- 3 tablespoons honey
- 1 teaspoon kosher salt divided
- 2 tablespoons olive oil
- 3 tablespoons red wine vinegar

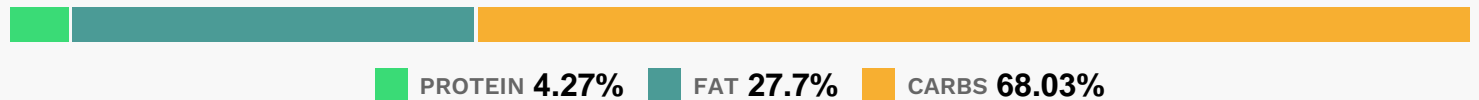
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 40
- Place squash on a baking sheet.
- Drizzle with oil, and sprinkle with 1/2 teaspoon salt and pepper, tossing to coat.
- Bake at 400 for 35 minutes or until squash is tender and golden.
- Combine vinegar, honey, and 1/2 teaspoon salt in a small bowl.
- Place cooked squash on a platter.
- Drizzle with honey mixture, and toss to coat.
- Sprinkle with basil and mint.

Nutrition Facts



Properties

Glycemic Index:25.71, Glycemic Load:4.53, Inflammation Score:-10, Nutrition Score:13.49521736995%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg

Nutrients (% of daily need)

Calories: 144.83kcal (7.24%), Fat: 4.85g (7.46%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 26.8g (8.93%), Net Carbohydrates: 23.52g (8.55%), Sugar: 11.95g (13.28%), Cholesterol: 0mg (0%), Sodium: 395.57mg (17.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Vitamin A: 16231.7IU (324.63%), Vitamin C: 32.82mg (39.78%), Vitamin E: 2.86mg (19.05%), Manganese: 0.37mg (18.49%), Potassium: 559.01mg (15.97%), Magnesium: 54.71mg (13.68%), Fiber: 3.28g (13.13%), Vitamin B6: 0.24mg (12.02%), Folate: 44.58µg (11.14%), Vitamin B1: 0.15mg

(10.25%), Vitamin B3: 1.88mg (9.4%), Vitamin K: 8.76µg (8.34%), Calcium: 82.16mg (8.22%), Iron: 1.33mg (7.4%),
Copper: 0.13mg (6.34%), Vitamin B5: 0.62mg (6.24%), Phosphorus: 53.43mg (5.34%), Vitamin B2: 0.04mg (2.46%),
Zinc: 0.29mg (1.93%), Selenium: 0.85µg (1.21%)