



Butternut Squash and Apple Relish



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



16 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

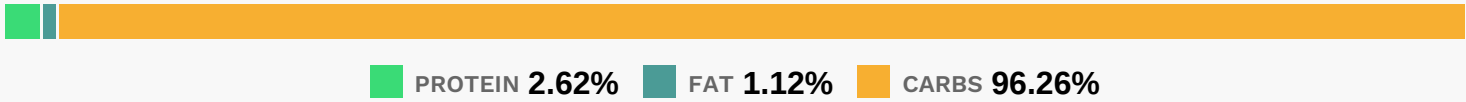
- ☐ 1 cup butternut squash diced peeled
- ☐ 1 cup gala apple diced
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon sherry vinegar

Equipment

Directions

- ☐ Combine all ingredients.
- ☐ Let stand 1 hour.

Nutrition Facts



Properties

Glycemic Index:5.27, Glycemic Load:1.41, Inflammation Score:-6, Nutrition Score:1.4243478515874%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 16.16kcal (0.81%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.03%), Carbohydrates: 4.27g (1.42%), Net Carbohydrates: 3.9g (1.42%), Sugar: 3.16g (3.51%), Cholesterol: 0mg (0%), Sodium: 0.61mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.23%), Vitamin A: 934.34IU (18.69%), Vitamin C: 2.21mg (2.68%), Fiber: 0.37g (1.47%), Potassium: 40.89mg (1.17%), Manganese: 0.02mg (1.15%)