



Butternut Squash and Kale Stir Fry

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 0.5 butternut squash peeled seeded diced
- ☐ 0.3 teaspoon chile powder to taste more
- ☐ 1 bunch kale
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon olive oil

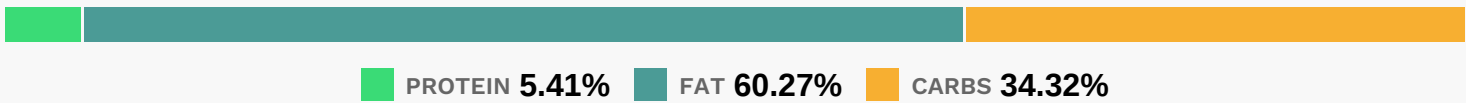
Equipment

- ☐ frying pan
- ☐ spatula
- ☐ tongs

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat 1 tablespoon of the butter and the olive oil in a large skillet over high heat.
- ☐ Add the squash and sprinkle with the salt, chile powder and pepper. Cook for several minutes, turning gently with a spatula, until the squash is deep golden brown and tender (but not falling apart).
- ☐ Remove to a plate and set aside.
- ☐ In the same skillet, melt the remaining 1 tablespoon butter over medium-high heat and add in the kale. Toss it around with tongs and cook it for 3 to 4 minutes.
- ☐ Add in the cooked squash and gently toss together.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.05, Inflammation Score:-10, Nutrition Score:18.081304273528%

Flavonoids

Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg Kaempferol: 15.21mg, Kaempferol: 15.21mg, Kaempferol: 15.21mg, Kaempferol: 15.21mg Quercetin: 7.34mg, Quercetin: 7.34mg, Quercetin: 7.34mg, Quercetin: 7.34mg

Nutrients (% of daily need)

Calories: 135.3kcal (6.76%), Fat: 9.78g (15.04%), Saturated Fat: 4.16g (26.02%), Carbohydrates: 12.53g (4.18%), Net Carbohydrates: 9.25g (3.36%), Sugar: 2.34g (2.6%), Cholesterol: 15.05mg (5.02%), Sodium: 358.81mg (15.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.95%), Vitamin A: 13424.91IU (268.5%), Vitamin K: 130.67µg (124.45%), Vitamin C: 50.04mg (60.66%), Manganese: 0.42mg (20.96%), Vitamin E: 2.28mg (15.2%), Fiber: 3.28g (13.11%), Calcium: 130.3mg (13.03%), Potassium: 448.64mg (12.82%), Folate: 45.72µg (11.43%), Magnesium: 43.1mg (10.78%), Vitamin B6: 0.2mg (9.76%), Vitamin B1: 0.13mg (8.75%), Vitamin B2: 0.14mg (7.96%), Vitamin B3: 1.53mg (7.64%), Iron: 1.23mg (6.84%), Phosphorus: 51.03mg (5.1%), Copper: 0.09mg (4.38%), Vitamin B5: 0.41mg (4.15%), Zinc: 0.28mg (1.87%), Selenium: 0.86µg (1.23%)