



HEALTH SCORE

83%

Butternut Squash and Red Pepper



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



5

CALORIES



125 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups pieces bell pepper red 1-inch
- ☐ 7 cups butternut squash cubed peeled 1-inch
- ☐ 3 tablespoons parsley fresh minced
- ☐ 1 tablespoon rosemary fresh minced
- ☐ 2 garlic cloves minced
- ☐ 2 teaspoons olive oil
- ☐ 2 tablespoons parmesan cheese fresh grated
- ☐ 0.8 teaspoon salt

Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 45
- ☐ Combine first 7 ingredients, tossing well.
- ☐ Place in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Bake at 450 for 30 minutes or until tender.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:24.2, Glycemic Load:0.71, Inflammation Score:-10, Nutrition Score:21.112608670217%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 5.17mg, Apigenin: 5.17mg, Apigenin: 5.17mg, Apigenin: 5.17mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 124.98kcal (6.25%), Fat: 2.5g (3.84%), Saturated Fat: 0.63g (3.95%), Carbohydrates: 26.3g (8.77%), Net Carbohydrates: 21.28g (7.74%), Sugar: 6.24g (6.93%), Cholesterol: 1.36mg (0.45%), Sodium: 392.17mg (17.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.56%), Vitamin A: 22463.96IU (449.28%), Vitamin C: 102.03mg (123.67%), Vitamin K: 44.72µg (42.59%), Vitamin E: 3.78mg (25.22%), Manganese: 0.47mg (23.75%), Potassium: 806.95mg (23.06%), Vitamin B6: 0.45mg (22.61%), Fiber: 5.02g (20.08%), Folate: 77.74µg (19.44%), Magnesium: 74.76mg (18.69%), Vitamin B1: 0.23mg (15.04%), Vitamin B3: 2.84mg (14.19%), Calcium: 127.87mg (12.79%), Iron: 1.79mg (9.94%), Vitamin B5: 0.95mg (9.55%), Phosphorus: 93.67mg (9.37%), Copper: 0.16mg (7.9%), Vitamin B2: 0.09mg (5.18%), Zinc: 0.5mg (3.37%), Selenium: 1.65µg (2.35%)