



WHATSheATE



Butternut Squash and Watercress Salad with Champagne Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



342 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 pounds butternut squash peeled seeded cut into 1-inch cubes
- ☐ 2 tablespoons champagne vinegar
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 7 tablespoons olive oil extra-virgin
- ☐ 1 cup pomegranate seeds

- ☐ 2 tablespoons shallots minced 1 small
- ☐ 12 ounces watercress 2 bunches

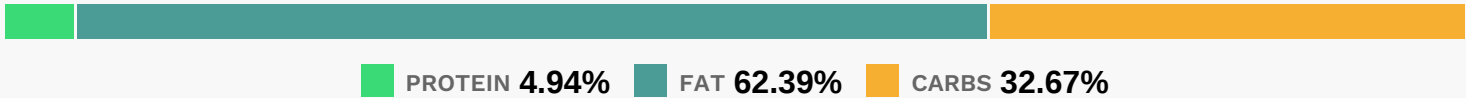
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Toss the squash with 2 tablespoons of the oil and season with salt and pepper. Roast, stirring once halfway through, until the squash is just tender and golden, about 30 minutes.
- ☐ Remove from the oven, and cover to keep warm.
- ☐ In a small bowl, whisk together the vinegar, shallots, lemon zest and ginger. While whisking, slowly add the remaining 4 tablespoons of oil in a slow, steady stream until the dressing is thickened and emulsified. Season with salt and pepper.
- ☐ To serve, in a large mixing bowl, toss the watercress, warm squash and pomegranate seeds with the vinaigrette until coated; transfer to a serving platter.
- ☐ Serve while the squash is still warm.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:4.48, Inflammation Score:-10, Nutrition Score:25.873043609702%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 19.59mg,

Kaempferol: 19.59mg, Kaempferol: 19.59mg, Kaempferol: 19.59mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 25.51mg, Quercetin: 25.51mg, Quercetin: 25.51mg, Quercetin: 25.51mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 342.42kcal (17.12%), Fat: 25.25g (38.84%), Saturated Fat: 3.49g (21.83%), Carbohydrates: 29.74g (9.91%), Net Carbohydrates: 24.03g (8.74%), Sugar: 9.95g (11.06%), Cholesterol: 0mg (0%), Sodium: 44.71mg (1.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.5g (8.99%), Vitamin A: 20796.22IU (415.92%), Vitamin K: 236.17µg (224.92%), Vitamin C: 77.58mg (94.04%), Vitamin E: 7.08mg (47.2%), Manganese: 0.63mg (31.59%), Potassium: 1000.24mg (28.58%), Fiber: 5.72g (22.86%), Vitamin B6: 0.42mg (21.08%), Magnesium: 82.42mg (20.61%), Calcium: 191.54mg (19.15%), Vitamin B1: 0.28mg (18.51%), Folate: 71µg (17.75%), Copper: 0.26mg (13.04%), Phosphorus: 125.91mg (12.59%), Vitamin B3: 2.35mg (11.74%), Vitamin B5: 1.12mg (11.17%), Iron: 1.73mg (9.62%), Vitamin B2: 0.16mg (9.39%), Zinc: 0.52mg (3.46%), Selenium: 1.89µg (2.7%)