



Butternut Squash, Arugula and Goat Cheese Quinoa

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons olive oil divided
- 1 butternut squash whole peeled chopped cut into ½ inch cubes (3 cups)
- 1 cup quinoa
- 2 cups chicken stock see
- 5 cups arugula (4 big handfuls)
- 2 tablespoons balsamic vinegar
- 2 ounces goat cheese

- 4 servings salt and pepper
- 0.5 cup walnuts toasted for garnish (optional)

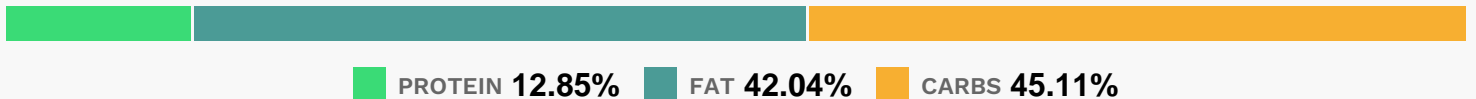
Equipment

- bowl
- baking sheet
- sauce pan
- oven

Directions

- Preheat oven to 450F.
- Spray a cookie sheet with nonstick spray.
- Toss butternut squash with about 1 tbsp olive oil (possibly less, just enough to coat) and season with salt and pepper.
- Spread in one layer on cookie sheet.
- Roast butternut squash for 20–25 minutes, until fork tender.
- While squash is roasting, combine quinoa and water or stock in a saucepan. If using water, season with 1/2 tsp salt. Bring to a boil, lower heat, cover and simmer for 10–15 minutes, until liquid is absorbed.
- In a large bowl, combine cooked quinoa, butternut squash, arugula, 1 tbsp olive oil, balsamic vinegar and crumbled goat cheese. Season with a pinch more salt and pepper. Toss well to mix everything and wilt arugula.
- Serve immediately, garnished with toasted nuts, if desired.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:1.05, Inflammation Score:-10, Nutrition Score:32.574782608696%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg Kaempferol: 8.72mg, Kaempferol: 8.72mg, Kaempferol: 8.72mg, Kaempferol: 8.72mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Taste

Sweetness: 57.44%, Saltiness: 100%, Sourness: 49.02%, Bitterness: 51.17%, Savoriness: 56.1%, Fattiness: 95.97%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 492.21kcal (24.61%), Fat: 23.9g (36.76%), Saturated Fat: 4.67g (29.22%), Carbohydrates: 57.7g (19.23%), Net Carbohydrates: 49.6g (18.04%), Sugar: 8.24g (9.15%), Cholesterol: 10.12mg (3.37%), Sodium: 436.2mg (18.97%), Protein: 16.43g (32.86%), Vitamin A: 20683.4IU (413.67%), Manganese: 1.85mg (92.37%), Vitamin C: 43.56mg (52.79%), Magnesium: 190.37mg (47.59%), Folate: 175.11µg (43.78%), Copper: 0.81mg (40.4%), Phosphorus: 389.91mg (38.99%), Vitamin B6: 0.7mg (35.06%), Potassium: 1194.78mg (34.14%), Vitamin E: 5.02mg (33.44%), Vitamin K: 34.42µg (32.78%), Fiber: 8.1g (32.42%), Vitamin B1: 0.45mg (30.22%), Iron: 4.67mg (25.92%), Vitamin B3: 5.09mg (25.47%), Vitamin B2: 0.37mg (21.88%), Calcium: 190.1mg (19.01%), Zinc: 2.47mg (16.49%), Vitamin B5: 1.37mg (13.67%), Selenium: 8.38µg (11.97%)