



Butternut Squash Cajun Fries

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



52 kcal

SIDE DISH

Ingredients

- 1 pound butternut squash french thick peeled seeded cut into fries
- 0.5 teaspoon cajun spice to taste
- 0.3 teaspoon ground pepper black to taste
- 1 pinch salt to taste

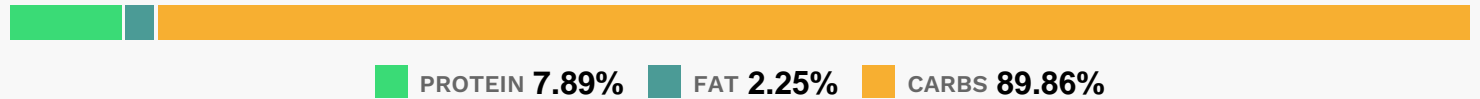
Equipment

- baking sheet
- paper towels
- oven

Directions

- Preheat oven to 450 degrees F (230 degrees C). Spray a baking sheet with cooking spray.
- Blot any moisture from the butternut squash fries with paper towels, and place on the prepared baking sheet.
- Sprinkle with salt, black pepper, and Cajun seasoning.
- Bake in the preheated oven until lightly browned and tender, 15 to 20 minutes, turning once.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.02, Inflammation Score:-10, Nutrition Score:10.570869609066%

Nutrients (% of daily need)

Calories: 52.05kcal (2.6%), Fat: 0.15g (0.23%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 13.47g (4.49%), Net Carbohydrates: 11.08g (4.03%), Sugar: 2.52g (2.8%), Cholesterol: 0mg (0%), Sodium: 14.42mg (0.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.36%), Vitamin A: 12178.04IU (243.56%), Vitamin C: 23.82mg (28.87%), Manganese: 0.25mg (12.45%), Potassium: 406.52mg (11.61%), Vitamin E: 1.71mg (11.38%), Magnesium: 39.21mg (9.8%), Fiber: 2.39g (9.55%), Vitamin B6: 0.18mg (9.02%), Folate: 30.76µg (7.69%), Vitamin B1: 0.11mg (7.62%), Vitamin B3: 1.39mg (6.94%), Calcium: 55.56mg (5.56%), Iron: 0.86mg (4.77%), Vitamin B5: 0.46mg (4.62%), Copper: 0.09mg (4.25%), Phosphorus: 38.4mg (3.84%), Vitamin K: 1.65µg (1.57%), Vitamin B2: 0.03mg (1.53%), Zinc: 0.18mg (1.22%)