

## Butternut Squash Fries

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



102 kcal

SIDE DISH

### Ingredients

- 2 pound butternut squash halved seeded
- 4 servings salt to taste

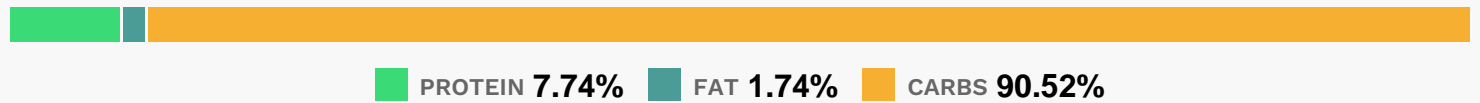
### Equipment

- baking sheet
- oven
- knife

## Directions

- Preheat the oven to 425 degrees F (220 degrees C).
- Use a sharp knife to carefully cut away the peel from the squash.
- Cut the squash into sticks like French fries. Arrange squash pieces on a baking sheet and season with salt.
- Bake for 20 minutes in the preheated oven, turning the fries over halfway through baking. Fries are done when they are starting to brown on the edges and become crispy.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:16.415217321852%

## Nutrients (% of daily need)

Calories: 102.06kcal (5.1%), Fat: 0.23g (0.35%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 26.51g (8.84%), Net Carbohydrates: 21.98g (7.99%), Sugar: 4.99g (5.54%), Cholesterol: 0mg (0%), Sodium: 202.86mg (8.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.54%), Vitamin A: 24108.43IU (482.17%), Vitamin C: 47.63mg (57.73%), Manganese: 0.46mg (22.93%), Potassium: 798.36mg (22.81%), Vitamin E: 3.27mg (21.77%), Magnesium: 77.12mg (19.28%), Fiber: 4.54g (18.14%), Vitamin B6: 0.35mg (17.46%), Folate: 61.24µg (15.31%), Vitamin B1: 0.23mg (15.12%), Vitamin B3: 2.72mg (13.61%), Calcium: 108.98mg (10.9%), Vitamin B5: 0.91mg (9.07%), Iron: 1.59mg (8.83%), Copper: 0.16mg (8.17%), Phosphorus: 74.84mg (7.48%), Vitamin B2: 0.05mg (2.67%), Vitamin K: 2.49µg (2.38%), Zinc: 0.34mg (2.27%), Selenium: 1.13µg (1.62%)