



## Butternut Squash Kabobs with Spicy Lemon Dip

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



5

CALORIES



113 kcal

SIDE DISH

### Ingredients

- 2 tablespoons olive oil
- 0.5 teaspoon ground cumin
- 0.5 teaspoon salt
- 0.3 teaspoon chili powder mexican-style
- 1 lb butternut squash peeled seeded cut into 1-inch cubes
- 6 oz yogurt
- 2 tablespoons cilantro leaves fresh chopped

- 1 medium jalapeno seeded finely chopped
- 1 teaspoon juice of lemon
- 6 inch frangelico

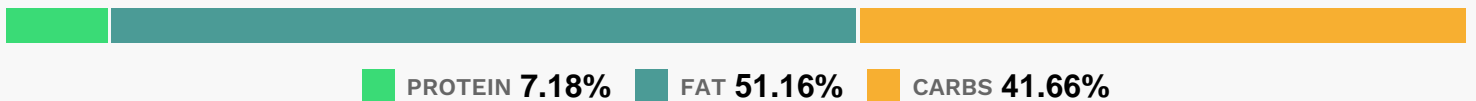
## Equipment

- bowl
- frying pan
- oven
- aluminum foil
- skewers

## Directions

- Heat oven to 450°F. Line 15x10x1-inch pan with foil. In small bowl, stir oil, cumin, salt and chili powder until well mixed. Set aside.
- Thread 5 to 6 squash cubes onto each wooden skewer; brush with oil mixture.
- Place in pan.
- Bake 30 to 40 minutes, turning once, until tender.
- In small bowl, mix Dip ingredients until well blended.
- Serve kabobs with dip.

## Nutrition Facts



## Properties

Glycemic Index:17.6, Glycemic Load:0.34, Inflammation Score:-10, Nutrition Score:11.021304420155%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

## Nutrients (% of daily need)

Calories: 113.18kcal (5.66%), Fat: 6.87g (10.57%), Saturated Fat: 1.51g (9.46%), Carbohydrates: 12.59g (4.2%), Net Carbohydrates: 10.63g (3.87%), Sugar: 3.73g (4.15%), Cholesterol: 4.42mg (1.47%), Sodium: 254.08mg (11.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.34%), Vitamin A: 9750.28IU (195.01%), Vitamin C: 22.99mg (27.86%), Vitamin E: 2.28mg (15.22%), Potassium: 386.5mg (11.04%), Manganese: 0.2mg (9.85%), Magnesium: 36.34mg (9.08%), Calcium: 87.6mg (8.76%), Vitamin B6: 0.17mg (8.3%), Fiber: 1.96g (7.82%), Folate: 27.98µg (6.99%), Vitamin B1: 0.1mg (6.9%), Phosphorus: 64.44mg (6.44%), Vitamin B3: 1.17mg (5.87%), Vitamin K: 5.57µg (5.3%), Vitamin B5: 0.51mg (5.07%), Iron: 0.85mg (4.7%), Vitamin B2: 0.07mg (4.14%), Copper: 0.07mg (3.66%), Zinc: 0.36mg (2.38%), Vitamin B12: 0.13µg (2.1%), Selenium: 1.25µg (1.78%)