



## Butternut Squash Mostarda



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



342 kcal

SIDE DISH

### Ingredients

- 4 cups butternut squash cut into 1/2-inch dice
- 0.5 cup champagne vinegar
- 0.5 teaspoon pepper red crushed
- 1 cup cranberries dried
- 0.5 bunch chives fresh finely chopped
- 8 servings kosher salt
- 8 servings mustard oil for drizzling
- 1 tablespoon ground mustard dried

- 2 tablespoons mustard seeds
- 8 servings olive oil extra-virgin
- 1 cranberry-orange relish with a veggie peeler and cut into 1/4-inch dice
- 1 onion red cut into 1/4-inch dice
- 1 cup sugar

## Equipment

- frying pan

## Directions

- Coat a large straight-sided saute pan with olive oil.
- Add in the red onions, crushed red pepper, and season with salt. Bring the pan to a medium heat and cook the onions until they are soft and aromatic, 7 to 8 minutes.
- Add in the squash, dried cranberries, sugar, champagne vinegar, orange zest, mustard seeds, mustard powder, and season with salt. Stir to combine.
- Add 1 cup of water and bring to a boil and then reduce to a simmer. Cover and simmer for 10 minutes.
- Remove the lid and cook another 15 minutes, stirring the squash frequently until the liquid has evaporated and the squash is a chutney-like consistency. Check to make sure the squash is cooked through and soft but can still hold its shape. Stir in chives and drizzle with mustard oil.

## Nutrition Facts



**PROTEIN 2.24%** **FAT 41.93%** **CARBS 55.83%**

## Properties

Glycemic Index:23.07, Glycemic Load:18.39, Inflammation Score:-10, Nutrition Score:12.51478261533%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Hesperetin: 4.46mg, Hesperetin: 4.46mg, Hesperetin: 4.46mg, Hesperetin: 4.46mg Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg  
Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.39mg, Myricetin:  
0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg,  
Quercetin: 3.56mg

## **Nutrients (% of daily need)**

Calories: 341.89kcal (17.09%), Fat: 16.68g (25.66%), Saturated Fat: 2.16g (13.5%), Carbohydrates: 49.98g (16.66%),  
Net Carbohydrates: 46.65g (16.97%), Sugar: 39.86g (44.29%), Cholesterol: 0mg (0%), Sodium: 202.15mg (8.79%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.01%), Vitamin A: 7527.19IU (150.54%), Vitamin C:  
24.94mg (30.23%), Vitamin E: 3.61mg (24.04%), Manganese: 0.3mg (15.18%), Fiber: 3.32g (13.29%), Selenium: 8.31µg  
(11.88%), Vitamin K: 11.26µg (10.73%), Magnesium: 41.72mg (10.43%), Potassium: 339.97mg (9.71%), Vitamin B1:  
0.12mg (8.15%), Folate: 32.6µg (8.15%), Vitamin B6: 0.16mg (7.86%), Phosphorus: 62.32mg (6.23%), Iron: 1.11mg  
(6.19%), Vitamin B3: 1.17mg (5.86%), Calcium: 56.37mg (5.64%), Copper: 0.1mg (5.05%), Vitamin B5: 0.4mg (4.02%),  
Zinc: 0.39mg (2.6%), Vitamin B2: 0.04mg (2.6%)