



Butternut Squash Parmesan

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



110 kcal

SIDE DISH

Ingredients

- 1 butternut squash peeled seeded cut into 1-inch chunks (2 lb./900 g)
- 0.5 cup 5%-less-sodium chicken broth
- 4 tsp olive oil divided
- 1 onion cut into 1-inch chunks
- 0.3 cup parmesan cheese light 100% divided grated kraft
- 0.3 tsp pepper

Equipment

- bowl

baking sheet

oven

Directions

Heat oven to 425F.

Toss squash with 2 tsp. oil on rimmed baking sheet; spread to form even layer on baking sheet.

Bake 20 min.

Add onions, pepper and remaining oil; toss to coat.

Spread to form even layer.

Bake 20 min. or until vegetables are tender.

Drizzle with broth; mix lightly.

Sprinkle with 1/4 cup cheese; toss to coat.

Transfer to bowl; sprinkle with remaining cheese.

Nutrition Facts

 **PROTEIN 11.2%**  **FAT 32.71%**  **CARBS 56.09%**

Properties

Glycemic Index:14.33, Glycemic Load:0.42, Inflammation Score:-10, Nutrition Score:12.459999976599%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 109.79kcal (5.49%), Fat: 4.34g (6.68%), Saturated Fat: 1.17g (7.3%), Carbohydrates: 16.75g (5.58%), Net Carbohydrates: 13.92g (5.06%), Sugar: 3.59g (3.99%), Cholesterol: 2.83mg (0.94%), Sodium: 78.46mg (3.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.69%), Vitamin A: 13320.86IU (266.42%), Vitamin C: 27.61mg (33.46%), Vitamin E: 2.25mg (14.97%), Manganese: 0.29mg (14.38%), Potassium: 488.65mg (13.96%), Magnesium: 46.51mg (11.63%), Calcium: 114.74mg (11.47%), Fiber: 2.83g (11.33%), Vitamin B6: 0.22mg (11.03%), Folate: 37.54µg (9.38%), Vitamin B1: 0.14mg (9.01%), Vitamin B3: 1.8mg (9.01%), Phosphorus: 81.51mg (8.15%), Iron: 1.01mg

(5.63%), Copper: 0.11mg (5.48%), Vitamin B5: 0.54mg (5.43%), Vitamin K: 3.46µg (3.3%), Vitamin B2: 0.05mg (2.93%), Selenium: 1.66µg (2.37%), Zinc: 0.35mg (2.36%), Vitamin B12: 0.07µg (1.16%)