



Butternut Squash Parmesan

 Gluten Free

READY IN



55 min.

SERVINGS



55

CALORIES



13 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 lb butternut squash peeled seeded cut into 1-inch chunks
- 0.5 cup chicken broth fat-free reduced-sodium
- 4 tsp olive oil divided
- 1 onion cut into 1-inch chunks
- 0.3 cup parmesan cheese divided grated kraft
- 0.3 tsp pepper

Equipment

- bowl

frying pan

oven

Directions

Heat oven to 425F.

Toss squash with 2 tsp. oil in 15x10x1-inch pan; spread evenly onto bottom of pan.

Bake 20 min.

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

Spread to form even layer in pan.

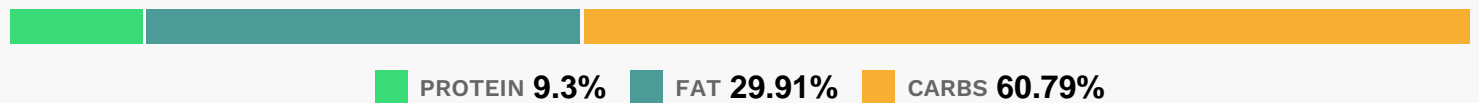
Bake 20 min. or until vegetables are tender.

Drizzle with broth; mix lightly.

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

Transfer to serving bowl; sprinkle with remaining Parmesan.

Nutrition Facts



Properties

Glycemic Index:1.07, Glycemic Load:0.04, Inflammation Score:-8, Nutrition Score:2.5604348469364%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 13.13kcal (0.66%), Fat: 0.48g (0.73%), Saturated Fat: 0.12g (0.75%), Carbohydrates: 2.18g (0.73%), Net Carbohydrates: 1.81g (0.66%), Sugar: 0.45g (0.5%), Cholesterol: 0.4mg (0.13%), Sodium: 17.14mg (0.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.67%), Vitamin A: 1757.36IU (35.15%), Vitamin C: 3.61mg (4.38%), Vitamin E: 0.29mg (1.92%), Manganese: 0.04mg (1.88%), Potassium: 62.56mg (1.79%), Magnesium: 6mg (1.5%), Fiber: 0.37g (1.46%), Vitamin B6: 0.03mg (1.42%), Calcium: 12.52mg (1.25%), Folate: 4.88µg (1.22%), Vitamin B1: 0.02mg (1.18%), Vitamin B3: 0.21mg (1.06%)