



 **43%**
HEALTH SCORE

Butternut Squash Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



102 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 lbs butternut squash peeled seeded quartered
- 2 tablespoons flat parsley chopped
- 1 clove garlic minced
- 1 tablespoon juice of lemon fresh
- 3 tablespoons olive oil plus more to oil baking sheet
- 0.5 teaspoon orange zest fresh finely grated
- 0.3 cup onion red finely chopped
- 1 tablespoon red wine vinegar

0.8 teaspoon salt

Equipment

bowl

baking sheet

oven

whisk

Directions

Preheat oven to 35

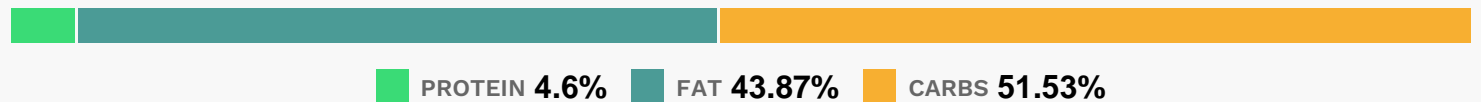
Lightly oil a large baking sheet and arrange squash slices on it (they will overlap). Roast until tender, about 15 minutes. Set aside to cool.

In a small bowl, whisk together 3 tbsp. olive oil, vinegar, lemon juice, garlic, salt, and orange zest.

In a serving dish, layer squash slices, red onion, and parsley.

Drizzle with dressing and top with parmesan if you like.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:0.18, Inflammation Score:-10, Nutrition Score:11.869130541449%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 101.91kcal (5.1%), Fat: 5.38g (8.28%), Saturated Fat: 0.75g (4.71%), Carbohydrates: 14.23g (4.74%), Net Carbohydrates: 11.79g (4.29%), Sugar: 2.84g (3.15%), Cholesterol: 0mg (0%), Sodium: 223.72mg (9.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.54%), Vitamin A: 12139.26IU (242.79%), Vitamin C: 26.66mg (32.31%), Vitamin K: 20.84µg (19.85%), Vitamin E: 2.4mg (16.01%), Manganese: 0.25mg (12.36%), Potassium: 418.96mg (11.97%), Magnesium: 40.04mg (10.01%), Fiber: 2.44g (9.76%), Vitamin B6: 0.19mg (9.46%), Folate: 33.83µg (8.46%), Vitamin B1: 0.12mg (7.91%), Vitamin B3: 1.39mg (6.94%), Calcium: 58.64mg (5.86%), Iron: 0.92mg (5.1%), Vitamin B5: 0.47mg (4.71%), Copper: 0.09mg (4.38%), Phosphorus: 40.83mg (4.08%), Vitamin B2: 0.03mg (1.55%), Zinc: 0.2mg (1.33%)