



Butternut squash salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



65 min.

SERVINGS



4

CALORIES



323 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 butternut squash diced peeled deseeded
- ☐ 2 tsp olive oil
- ☐ 50 g brown rice wild
- ☐ 50 g lentils
- ☐ 1 head broccoli cut into florets
- ☐ 50 g cranberries dried
- ☐ 25 g pumpkin seeds
- ☐ 1 juice of lemon

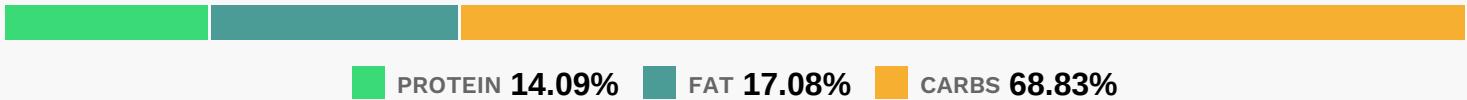
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Spread the squash over a large baking sheet, drizzle over the oil and bake for 30 mins or until tender.
- ☐ Meanwhile, cook the rice and lentils in boiling salted water for 20 mins, adding the broccoli for the final 4 mins of cooking.
- ☐ Drain well, then stir in the cranberries and pumpkin seeds with some seasoning.
- ☐ Add the squash, pour over the lemon juice and serve.

Nutrition Facts



Properties

Glycemic Index:25.19, Glycemic Load:7.34, Inflammation Score:-10, Nutrition Score:34.043913074162%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg

Nutrients (% of daily need)

Calories: 322.89kcal (16.14%), Fat: 6.68g (10.28%), Saturated Fat: 1.15g (7.16%), Carbohydrates: 60.62g (20.21%), Net Carbohydrates: 47.53g (17.28%), Sugar: 16.32g (18.13%), Cholesterol: 0mg (0%), Sodium: 60.12mg (2.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.41g (24.82%), Vitamin A: 20879.66IU (417.59%), Vitamin C: 178.63mg (216.52%), Vitamin K: 159.86µg (152.25%), Manganese: 1.48mg (74.19%), Fiber: 13.09g (52.35%), Folate: 154.01µg (38.5%), Magnesium: 151.49mg (37.87%), Potassium: 1238.26mg (35.38%), Vitamin B6: 0.64mg (31.78%),

Vitamin E: 4.62mg (30.8%), Phosphorus: 273.86mg (27.39%), Vitamin B1: 0.37mg (24.5%), Iron: 4.2mg (23.35%),
Vitamin B3: 4.15mg (20.73%), Vitamin B5: 1.89mg (18.91%), Calcium: 177.85mg (17.78%), Copper: 0.34mg (16.86%),
Vitamin B2: 0.23mg (13.82%), Zinc: 1.66mg (11.08%), Selenium: 5.41µg (7.72%)