



## Butternut Squash Salad with Hazelnuts

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



418 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 3 ounces baby arugula
- 2.5 tablespoons balsamic vinegar
- 3.5 cups butternut squash diced
- 1.5 tablespoons chives snipped
- 1 head frisée
- 2 tablespoons hazelnut oil
- 0.5 cup blanched hazelnuts
- 4 servings kosher salt and pepper freshly ground

- 3 tablespoons olive oil extra-virgin
- 3 ounces pancetta

## Equipment

- bowl
- baking sheet
- oven
- microwave

## Directions

- Preheat the oven to 42
- On a baking sheet, toss the squash with 2 tablespoons of the olive oil; season with salt and pepper. Roast for 20 minutes, until tender.
- Spread the hazelnuts in a pie plate and toast for 6 minutes, until golden.
- Let cool, then chop.
- In a large bowl, toss the arugula, frise, prosciutto, chives, hazelnuts and squash. In a small microwave-safe bowl, mix the remaining 1 tablespoon of olive oil with the vinegar and hazelnut oil and season with salt and pepper. Microwave the dressing until hot, about 1 minute.
- Pour the dressing over the salad, toss well and serve.

## Nutrition Facts



## Properties

Glycemic Index:35.5, Glycemic Load:1.16, Inflammation Score:-10, Nutrition Score:29.478260944719%

## Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Epigallocatechin 3-gallate: 0.16mg Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg  
Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg,  
Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg Kaempferol: 8.92mg, Kaempferol: 8.92mg, Kaempferol: 8.92mg,  
Kaempferol: 8.92mg Quercetin: 5.4mg, Quercetin: 5.4mg, Quercetin: 5.4mg, Quercetin: 5.4mg

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

Calories: 418.37kcal (20.92%), Fat: 35.3g (54.31%), Saturated Fat: 5.54g (34.59%), Carbohydrates: 22.28g (7.43%),  
Net Carbohydrates: 15.75g (5.73%), Sugar: 5.69g (6.33%), Cholesterol: 14.03mg (4.68%), Sodium: 373.15mg  
(16.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.75g (15.51%), Vitamin A: 16816.24IU (336.32%),  
Vitamin K: 203.51µg (193.82%), Manganese: 1.5mg (75.22%), Vitamin E: 10.2mg (67.98%), Vitamin C: 44.07mg  
(53.42%), Folate: 133.98µg (33.5%), Copper: 0.54mg (27.12%), Fiber: 6.53g (26.13%), Potassium: 905.73mg  
(25.88%), Magnesium: 97.27mg (24.32%), Vitamin B1: 0.32mg (21.45%), Vitamin B6: 0.41mg (20.3%), Calcium:  
171.44mg (17.14%), Phosphorus: 154.71mg (15.47%), Vitamin B5: 1.5mg (14.97%), Vitamin B3: 2.95mg (14.75%), Iron:  
2.62mg (14.55%), Vitamin B2: 0.13mg (7.93%), Selenium: 5.49µg (7.84%), Zinc: 1.15mg (7.69%), Vitamin B12: 0.11µg  
(1.77%)