



WHATSheATE



Butternut Squash with Green Chile and Mustard Seeds



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



63 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon brown mustard seeds
- ☐ 2 lbs butternut squash peeled seeded cut into 1-in. cubes
- ☐ 3 garlic cloves finely chopped
- ☐ 8 servings salt
- ☐ 1 serrano chile halved seeded thinly sliced
- ☐ 2 teaspoons vegetable oil

Equipment

☐ frying pan

Directions

- ☐ Pour oil and mustard seeds into a large frying pan. Cook over medium-high heat, covered, until seeds finish popping, about 1 minute.
- ☐ Add garlic and chile and cook, stirring, until garlic just starts to brown, about 1 minute.
- ☐ Add squash and stir to coat.
- ☐ Add 1/2 cup water, cover, and cook until squash is tender to the bite, 20 to 25 minutes.
- ☐ Sprinkle with salt to taste and garnish with cilantro if you like.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.1, Inflammation Score:-10, Nutrition Score:10.71608699923%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 62.92kcal (3.15%), Fat: 1.25g (1.92%), Saturated Fat: 0.2g (1.23%), Carbohydrates: 13.68g (4.56%), Net Carbohydrates: 11.36g (4.13%), Sugar: 2.54g (2.82%), Cholesterol: 0mg (0%), Sodium: 198.59mg (8.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.44%), Vitamin A: 12061.35IU (241.23%), Vitamin C: 24.5mg (29.7%), Manganese: 0.25mg (12.5%), Potassium: 406.05mg (11.6%), Vitamin E: 1.73mg (11.54%), Magnesium: 39.03mg (9.76%), Vitamin B6: 0.19mg (9.62%), Fiber: 2.32g (9.28%), Vitamin B1: 0.12mg (7.74%), Folate: 30.83µg (7.71%), Vitamin B3: 1.38mg (6.9%), Calcium: 56.69mg (5.67%), Vitamin B5: 0.46mg (4.62%), Iron: 0.82mg (4.57%), Copper: 0.09mg (4.31%), Phosphorus: 39.49mg (3.95%), Vitamin K: 3.42µg (3.26%), Vitamin B2: 0.02mg (1.44%), Zinc: 0.19mg (1.24%), Selenium: 0.74µg (1.06%)