



## Butternut Squash with Shallots and Sage

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



201 kcal

SIDE DISH

### Ingredients

- 1 teaspoon balsamic vinegar
- 0.3 teaspoon pepper black
- 1 tablespoon brown sugar packed
- 1.8 lb butternut squash peeled halved lengthwise seeded cut into 1/2-inch cubes (4 cups)
- 0.5 teaspoon sage fresh finely chopped
- 0.5 cup chicken broth reduced-sodium
- 2 tablespoons olive oil
- 0.5 teaspoon salt

0.8 cup shallots halved lengthwise

## Equipment

frying pan

## Directions

Heat oil in a 12-inch heavy skillet over moderate heat until hot but not smoking, then cook shallots and squash, stirring, until shallots are softened, about 5 minutes.

Add broth, brown sugar, sage, and salt, stirring until sugar is dissolved. Simmer, covered, stirring occasionally, until squash is tender, 8 to 10 minutes.

Remove from heat and stir in vinegar, pepper, and salt to taste.

## Nutrition Facts



**PROTEIN 6.79%** **FAT 30.57%** **CARBS 62.64%**

## Properties

Glycemic Index:28, Glycemic Load:1.93, Inflammation Score:-10, Nutrition Score:19.683913054674%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 201.02kcal (10.05%), Fat: 7.44g (11.44%), Saturated Fat: 1.08g (6.73%), Carbohydrates: 34.28g (11.43%), Net Carbohydrates: 28.85g (10.49%), Sugar: 10.99g (12.21%), Cholesterol: 0mg (0%), Sodium: 314.1mg (13.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.43%), Vitamin A: 21097.34IU (421.95%), Vitamin C: 45.22mg (54.82%), Copper: 0.96mg (47.92%), Manganese: 0.58mg (28.78%), Vitamin E: 3.88mg (25.9%), Potassium: 880.31mg (25.15%), Vitamin B6: 0.46mg (23.16%), Fiber: 5.44g (21.75%), Magnesium: 78.15mg (19.54%), Folate: 68.71µg (17.18%), Vitamin B1: 0.23mg (15.06%), Vitamin B3: 2.88mg (14.39%), Calcium: 118.12mg (11.81%), Iron: 2.1mg (11.64%), Phosphorus: 101.6mg (10.16%), Vitamin B5: 0.93mg (9.28%), Vitamin K: 6.96µg (6.63%), Zinc: 0.51mg (3.42%), Vitamin B2: 0.06mg (3.41%), Selenium: 1.57µg (2.24%)