



 **78%**  
HEALTH SCORE

## Charlotte's Butternut Squash Fries

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



50 min.

SERVINGS



3

CALORIES



204 kcal

SIDE DISH

### Ingredients

- 1 butternut squash peeled seeded cut into strips
- 3 sprigs thyme leaves fresh to taste
- 3 cloves garlic minced to taste
- 2 tablespoons olive oil
- 2 teaspoons paprika
- 3 servings salt to taste

### Equipment

- bowl

baking sheet

oven

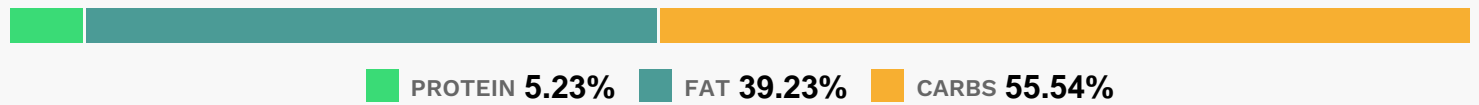
## Directions

Preheat oven to 425 degrees F (220 degrees C). Lightly oil a baking sheet.

Mix squash, olive oil, paprika, garlic, thyme, and salt together in a bowl until evenly coated; spread in a single layer onto the prepared baking sheet.

Bake in the preheated oven until squash is tender and lightly browned, 30 to 40 minutes.

## Nutrition Facts



## Properties

Glycemic Index:30, Glycemic Load:0.36, Inflammation Score:-10, Nutrition Score:19.653478498044%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 204.25kcal (10.21%), Fat: 9.79g (15.06%), Saturated Fat: 1.38g (8.6%), Carbohydrates: 31.18g (10.39%), Net Carbohydrates: 25.51g (9.28%), Sugar: 5.67g (6.3%), Cholesterol: 0mg (0%), Sodium: 205.48mg (8.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.87%), Vitamin A: 27279.5IU (545.59%), Vitamin C: 55.05mg (66.73%), Vitamin E: 5.33mg (35.56%), Manganese: 0.59mg (29.7%), Potassium: 928.65mg (26.53%), Vitamin B6: 0.45mg (22.71%), Fiber: 5.67g (22.67%), Magnesium: 89.73mg (22.43%), Vitamin B1: 0.26mg (17.39%), Folate: 68.69µg (17.17%), Vitamin B3: 3.17mg (15.87%), Calcium: 132.75mg (13.27%), Iron: 2.31mg (12.84%), Vitamin B5: 1.06mg (10.55%), Copper: 0.2mg (10.21%), Phosphorus: 92.34mg (9.23%), Vitamin K: 9.49µg (9.04%), Vitamin B2: 0.07mg (4.38%), Zinc: 0.49mg (3.24%), Selenium: 1.76µg (2.51%)