



Chipotle Butternut Squash



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



120 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons chiles in adobo sauce
- ☐ 4 cups butternut squash (peeled seeded cut into bite sized pieces.)
- ☐ 1 chipotle in adobo (chopped)
- ☐ 0.5 teaspoon cumin (toasted and ground)
- ☐ 1 clove garlic (chopped)
- ☐ 2 tablespoons sauce/ketchup
- ☐ 1 tablespoon oil
- ☐ 1 small onion (sliced)

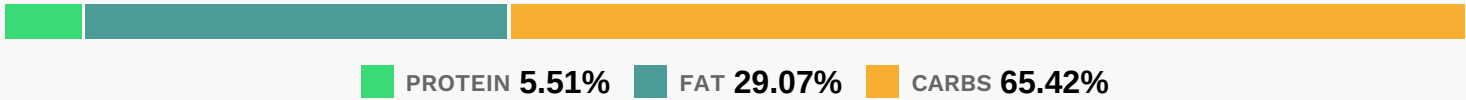
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a pan over medium heat.
- ☐ Add the onion and saute until tender, about 5–7 minutes.
- ☐ Add the garlic and cumin and saute until fragrant, about a minute.
- ☐ Add the chipotle, adobo sauce, tomato sauce and butternut squash, toss everything to coat, cover and cook until tender, about 10–15 minutes, stirring things up every few minutes.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.44, Inflammation Score:-10, Nutrition Score:13.175217488538%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

Nutrients (% of daily need)

Calories: 119.85kcal (5.99%), Fat: 4.25g (6.53%), Saturated Fat: 0.37g (2.33%), Carbohydrates: 21.5g (7.17%), Net Carbohydrates: 17.93g (6.52%), Sugar: 5.73g (6.37%), Cholesterol: 0mg (0%), Sodium: 503.71mg (21.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.63%), Vitamin A: 14929.73IU (298.59%), Vitamin C: 31.4mg (38.06%), Vitamin E: 2.82mg (18.78%), Manganese: 0.33mg (16.68%), Potassium: 551.58mg (15.76%), Fiber: 3.57g (14.28%), Magnesium: 52mg (13%), Vitamin B6: 0.26mg (12.94%), Folate: 42.07µg (10.52%), Vitamin B1: 0.15mg (10.2%), Vitamin B3: 1.84mg (9.18%), Calcium: 79.11mg (7.91%), Iron: 1.39mg (7.73%), Copper: 0.12mg (5.96%), Vitamin B5: 0.59mg (5.9%), Phosphorus: 56.57mg (5.66%), Vitamin K: 4.55µg (4.33%), Vitamin B2: 0.05mg (2.8%), Zinc: 0.28mg (1.86%), Selenium: 1.03µg (1.48%)