



Cider Roasted Winter Squash



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



196 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds acorn squash halved seeded cut into 2-inch wedges
- ☐ 0.3 cup apple cider fresh
- ☐ 1.5 pounds butternut squash halved seeded cut into 2-inch wedges
- ☐ 2 tablespoons cider vinegar
- ☐ 4 sprigs sage fresh chopped
- ☐ 4 sprigs thyme leaves fresh
- ☐ 3 tablespoons olive oil
- ☐ 8 servings pepper freshly ground to taste

- ☐ 8 servings sea salt to taste
- ☐ 3 tablespoons butter unsalted melted

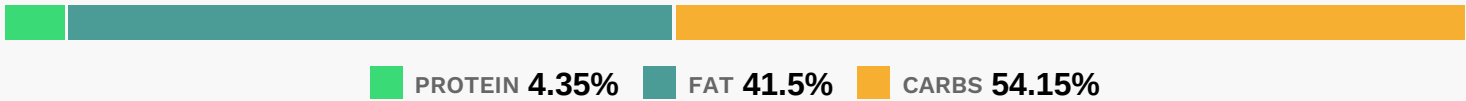
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Whisk together first 4 ingredients in a large bowl.
- ☐ Add acorn squash and remaining ingredients, and toss to coat.
- ☐ Place vegetables in a single layer on a shallow baking pan, and roast at 400, turning once, for 50 to 55 minutes or until tender and light golden brown around the edges.
- ☐ Serve immediately or at room temperature.

Nutrition Facts



Properties

Glycemic Index:19.72, Glycemic Load:0.38, Inflammation Score:-10, Nutrition Score:17.727391296107%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 195.59kcal (9.78%), Fat: 9.79g (15.07%), Saturated Fat: 3.49g (21.79%), Carbohydrates: 28.76g (9.59%), Net Carbohydrates: 24.38g (8.87%), Sugar: 2.6g (2.89%), Cholesterol: 11.29mg (3.76%), Sodium: 203.53mg (8.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.62%), Vitamin A: 9820.49IU (196.41%), Vitamin C:

37.44mg (45.38%), Copper: 0.79mg (39.65%), Potassium: 906.39mg (25.9%), Manganese: 0.51mg (25.65%), Vitamin B1: 0.33mg (21.73%), Magnesium: 85.33mg (21.33%), Vitamin B6: 0.4mg (19.82%), Fiber: 4.38g (17.51%), Vitamin E: 2.1mg (14.03%), Folate: 52.28µg (13.07%), Vitamin B3: 2.23mg (11.15%), Iron: 1.95mg (10.86%), Vitamin B5: 1.03mg (10.33%), Calcium: 103.04mg (10.3%), Phosphorus: 92.14mg (9.21%), Vitamin K: 4.63µg (4.41%), Zinc: 0.37mg (2.47%), Vitamin B2: 0.04mg (2.34%), Selenium: 1.34µg (1.92%)