



Cumin-Scented Squash



Vegetarian



Vegan



Dairy Free

READY IN



3 min.

SERVINGS



4

CALORIES



51 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 tablespoon olive oil
- ☐ 4 servings try build-a-meal
- ☐ 0.3 teaspoon salt
- ☐ 2 baby squash fresh yellow halved lengthwise

Equipment

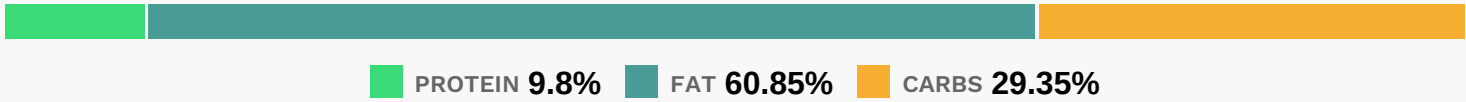
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Place squash halves, cut side up, on a baking sheet; drizzle with oil.
- ☐ Bake at 450 for 20 minutes.Cook cumin in a small skillet over medium heat, stirring and shaking often, 3 to 4 minutes or until fragrant.
- ☐ Combine cumin, salt, and red pepper in a small bowl.
- ☐ Sprinkle over squash.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:0.71, Inflammation Score:-3, Nutrition Score:4.945652173913%

Nutrients (% of daily need)

Calories: 50.53kcal (2.53%), Fat: 3.74g (5.76%), Saturated Fat: 0.53g (3.33%), Carbohydrates: 4.06g (1.35%), Net Carbohydrates: 2.73g (0.99%), Sugar: 2.18g (2.42%), Cholesterol: 0mg (0%), Sodium: 147.61mg (6.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.71%), Vitamin C: 16.72mg (20.26%), Manganese: 0.24mg (12.21%), Vitamin B6: 0.22mg (10.99%), Vitamin B2: 0.14mg (8.42%), Potassium: 267.62mg (7.65%), Folate: 28.65µg (7.16%), Fiber: 1.33g (5.34%), Magnesium: 19.7mg (4.92%), Vitamin K: 5.16µg (4.92%), Vitamin A: 223.7IU (4.47%), Phosphorus: 44.37mg (4.44%), Vitamin E: 0.66mg (4.39%), Vitamin B1: 0.05mg (3.4%), Copper: 0.06mg (2.92%), Iron: 0.52mg (2.86%), Vitamin B3: 0.54mg (2.72%), Zinc: 0.35mg (2.32%), Vitamin B5: 0.17mg (1.67%), Calcium: 16.64mg (1.66%), Selenium: 0.72µg (1.03%)