



Cumin-Scented Squash



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



27 min.

SERVINGS



4

CALORIES



47 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon salt
- ☐ 2 baby squash fresh yellow halved lengthwise

Equipment

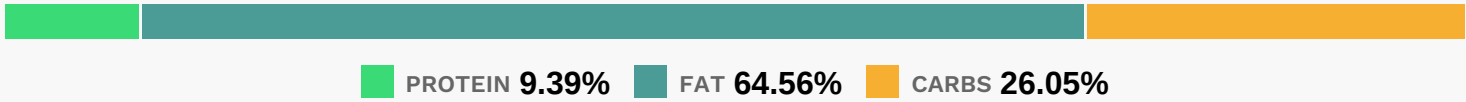
- ☐ bowl
- ☐ frying pan

- ☐ 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:4.5639130317647%

Nutrients (% of daily need)

Calories: 47.29kcal (2.36%), Fat: 3.71g (5.72%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 3.37g (1.12%), Net Carbohydrates: 2.27g (0.82%), Sugar: 2.17g (2.41%), Cholesterol: 0mg (0%), Sodium: 147.6mg (6.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.43%), Vitamin C: 16.72mg (20.26%), Vitamin B6: 0.22mg (10.79%), Manganese: 0.18mg (8.86%), Vitamin B2: 0.14mg (8.24%), Potassium: 260.32mg (7.44%), Folate: 28.5µg (7.12%), Vitamin K: 5.1µg (4.86%), Vitamin A: 223.59IU (4.47%), Fiber: 1.11g (4.43%), Magnesium: 17.22mg (4.3%), Vitamin E: 0.64mg (4.3%), Phosphorus: 38.05mg (3.8%), Vitamin B1: 0.05mg (3.2%), Copper: 0.05mg (2.57%), Iron: 0.45mg (2.51%), Vitamin B3: 0.49mg (2.44%), Zinc: 0.29mg (1.95%), Calcium: 16.08mg (1.61%), Vitamin B5: 0.15mg (1.52%)