



Butternut Squash Kabobs with Spicy Lemon Dip

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



5

CALORIES



102 kcal

SIDE DISH

Ingredients

- 1 lb butternut squash peeled seeded cut into 1-inch cubes
- 0.3 teaspoon chili powder mexican-style
- 2 tablespoons cilantro leaves fresh chopped
- 0.5 teaspoon ground cumin
- 1 medium jalapeno seeded finely chopped
- 6 oz optional: lemon
- 1 teaspoon juice of lemon

- 2 tablespoons olive oil
- 0.5 teaspoon salt
- 6 inch frangelico
- 6 inch frangelico

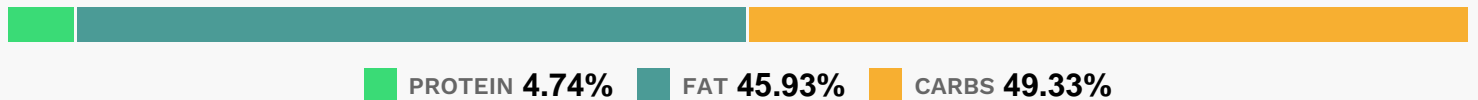
Equipment

- bowl
- frying pan
- oven
- aluminum foil
- skewers

Directions

- Heat oven to 450F. Line 15x10x1-inch pan with foil. In small bowl, stir oil, cumin, salt and chili powder until well mixed. Set aside.
- Thread 5 to 6 squash cubes onto each wooden skewer; brush with oil mixture.
- Place in pan.
- Bake 30 to 40 minutes, turning once, until tender.
- In small bowl, mix Dip ingredients until well blended.
- Serve kabobs with dip.

Nutrition Facts



Properties

Glycemic Index:18.9, Glycemic Load:0.6, Inflammation Score:-10, Nutrition Score:11.676956448866%

Flavonoids

Eriodictyol: 7.32mg, Eriodictyol: 7.32mg, Eriodictyol: 7.32mg, Eriodictyol: 7.32mg Hesperetin: 9.64mg, Hesperetin: 9.64mg, Hesperetin: 9.64mg, Hesperetin: 9.64mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.01mg,

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 102.29kcal (5.11%), Fat: 5.87g (9.02%), Saturated Fat: 0.81g (5.09%), Carbohydrates: 14.17g (4.72%), Net Carbohydrates: 11.26g (4.1%), Sugar: 3g (3.33%), Cholesterol: 0mg (0%), Sodium: 239.11mg (10.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.73%), Vitamin A: 9724.09IU (194.48%), Vitamin C: 40.85mg (49.51%), Vitamin E: 2.31mg (15.43%), Fiber: 2.91g (11.63%), Potassium: 380.71mg (10.88%), Manganese: 0.21mg (10.3%), Vitamin B6: 0.18mg (9.12%), Magnesium: 34.97mg (8.74%), Folate: 29.34µg (7.33%), Vitamin B1: 0.11mg (7.15%), Vitamin B3: 1.18mg (5.91%), Iron: 1.03mg (5.74%), Calcium: 55.29mg (5.53%), Vitamin K: 5.5µg (5.24%), Vitamin B5: 0.44mg (4.39%), Copper: 0.08mg (4.13%), Phosphorus: 37.56mg (3.76%), Vitamin B2: 0.03mg (1.7%), Zinc: 0.18mg (1.17%)