



Fruit & nut butternut squash quinoa



Vegetarian



Gluten Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



680 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 butternut squash peeled cut into small dice
- ☐ 2 onion cut into thin wedges
- ☐ 2 tbsp olive oil for drizzling plus a little extra
- ☐ 200 g quinoa
- ☐ 4 tbsp yogurt
- ☐ 1 tbsp tahini
- ☐ 1 juice of lemon
- ☐ 85 g almonds flaked toasted

- ☐ 85 g pistachios shelled
- ☐ 10 apricot dried sliced
- ☐ 1 handful mint leaves roughly chopped

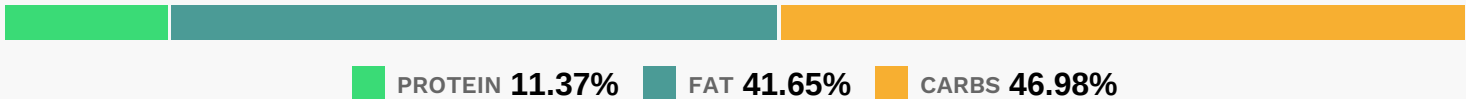
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Toss the squash and onions with 2 tbsp oil in a large shallow roasting tin. Season and roast for about 30 mins, shaking the tin once or twice, until the veg is tender.
- ☐ Cook the quinoa following pack instructions. When cooked, run under cold water and thoroughly drain.
- ☐ Stir together the yogurt, tahini, most of the lemon juice and some seasoning to make a sauce.
- ☐ Mix the quinoa with the nuts, dried apricots, mint and some seasoning in a large bowl, then add the remaining lemon juice, drizzle with a little oil and stir well. Scatter over the squash-onion mix and serve with the yogurt sauce.

Nutrition Facts



Properties

Glycemic Index:26.85, Glycemic Load:5.86, Inflammation Score:-10, Nutrition Score:40.973043560982%

Flavonoids

Cyanidin: 2.08mg, Cyanidin: 2.08mg, Cyanidin: 2.08mg, Cyanidin: 2.08mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg

0.07mg, Apigenin: 0.07mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 3.32mg, Isorhamnetin: 3.32mg, Isorhamnetin: 3.32mg, Isorhamnetin: 3.32mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.58mg, Quercetin: 11.58mg, Quercetin: 11.58mg, Quercetin: 11.58mg

Nutrients (% of daily need)

Calories: 679.67kcal (33.98%), Fat: 33.29g (51.22%), Saturated Fat: 4.08g (25.48%), Carbohydrates: 84.5g (28.17%), Net Carbohydrates: 69.73g (25.36%), Sugar: 20.81g (23.12%), Cholesterol: 2.6mg (0.87%), Sodium: 25.66mg (1.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.44g (40.88%), Vitamin A: 20813.79IU (416.28%), Manganese: 2.27mg (113.36%), Vitamin E: 11.76mg (78.38%), Magnesium: 264.45mg (66.11%), Fiber: 14.77g (59.08%), Vitamin C: 48.31mg (58.56%), Phosphorus: 576.82mg (57.68%), Copper: 1.08mg (54.09%), Vitamin B6: 1.03mg (51.7%), Potassium: 1689.07mg (48.26%), Vitamin B1: 0.69mg (46.15%), Folate: 182.98µg (45.74%), Iron: 6.14mg (34.1%), Vitamin B2: 0.54mg (31.71%), Calcium: 249.06mg (24.91%), Vitamin B3: 4.89mg (24.44%), Zinc: 3.44mg (22.93%), Vitamin B5: 1.61mg (16.08%), Selenium: 10µg (14.28%), Vitamin K: 7.16µg (6.82%), Vitamin B12: 0.07µg (1.23%)