



Garlic and Thyme Roasted Butternut Squash



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



80 kcal

SIDE DISH

Ingredients

- ☐ 12 ounce butternut squash fresh cubed
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 8 garlic cloves peeled
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon olive oil

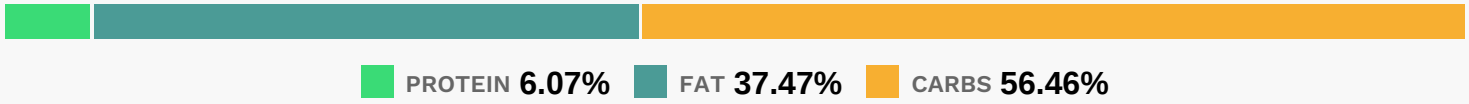
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐
- Preheat oven to 425
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- ☐
- Combine thyme, olive oil, salt, butternut squash, and garlic on a baking sheet; toss.
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- ☐
- Bake at 425 for 30 minutes; stir after 15 minutes. Mash garlic with a fork; toss with squash.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:0.64, Inflammation Score:-10, Nutrition Score:10.46652173996%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 79.92kcal (4%), Fat: 3.64g (5.61%), Saturated Fat: 0.51g (3.21%), Carbohydrates: 12.36g (4.12%), Net Carbohydrates: 10.28g (3.74%), Sugar: 1.93g (2.15%), Cholesterol: 0mg (0%), Sodium: 295.33mg (12.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.66%), Vitamin A: 9124.35IU (182.49%), Vitamin C: 22.53mg (27.31%), Manganese: 0.3mg (15.15%), Vitamin E: 1.73mg (11.56%), Vitamin B6: 0.21mg (10.57%), Potassium: 334.18mg (9.55%), Magnesium: 33.22mg (8.31%), Fiber: 2.07g (8.29%), Vitamin B1: 0.1mg (6.53%), Folate: 23.93µg (5.98%), Calcium: 58.99mg (5.9%), Iron: 1.02mg (5.69%), Vitamin B3: 1.09mg (5.47%), Copper: 0.09mg (4.46%), Phosphorus: 39.1mg (3.91%), Vitamin B5: 0.38mg (3.83%), Vitamin K: 3.14µg (2.99%), Vitamin B2: 0.03mg (1.87%), Selenium: 1.28µg (1.83%), Zinc: 0.23mg (1.53%)