



Ginger-Roasted Winter Squash

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



25

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.5 pounds acorn squash halved seeded
- ☐ 1 stick cinnamon
- ☐ 25 servings coarse sea salt and ground pepper
- ☐ 2 tablespoons crème fraîche
- ☐ 0.3 cup currants dried
- ☐ 1 piece ginger fresh peeled
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 cup red wine vinegar

- ☐ 0.3 cup sugar
- ☐ 0.5 cup water

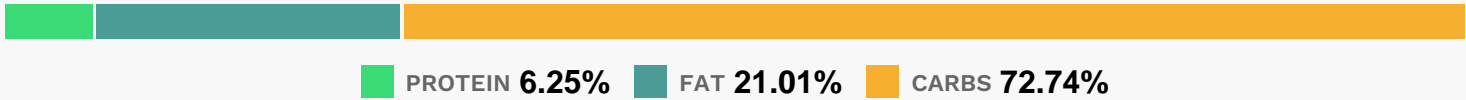
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil
- ☐ grater

Directions

- ☐ Preheat the oven to In a small saucepan, combine the water with the sugar, vinegar and cinnamon and simmer for 5 minutes, stirring until the sugar dissolves.
- ☐ Add the currants and simmer for 3 minutes, then remove from the heat.
- ☐ Meanwhile, line a baking sheet with aluminum foil. Rub the squash with the olive oil and season with salt and pepper. Using a fine grater, grate the ginger over the cut sides of the squash and rub it into the flesh.
- ☐ Transfer the squash to the prepared baking sheet, cut side down, and roast for about 15 minutes, until the squash starts to soften. Turn the squash cut side up and roast for about 17 minutes longer, until tender; transfer to a work surface and let cool slightly.
- ☐ Increase the oven temperature to
- ☐ Cut the squash into 1 1/2-inch-thick wedges. Lightly rub the foil with oil and arrange the squash on the baking sheet; roast for about 25 minutes, turning once halfway through, until golden and crisp along the edges.
- ☐ Arrange the squash on a platter. Discard the cinnamon stick from the currants and add the currants to the squash.
- ☐ Drizzle with the pickling liquid and crme frache and serve.

Nutrition Facts



Properties

Glycemic Index:7.48, Glycemic Load:3.63, Inflammation Score:-9, Nutrition Score:5.2908694613725%

Flavonoids

Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg

Nutrients (% of daily need)

Calories: 32kcal (1.6%), Fat: 0.81g (1.24%), Saturated Fat: 0.2g (1.25%), Carbohydrates: 6.27g (2.09%), Net Carbohydrates: 5.9g (2.15%), Sugar: 4.19g (4.65%), Cholesterol: 0.57mg (0.19%), Sodium: 195.86mg (8.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.08%), Vitamin A: 3868.88IU (77.38%), Vitamin C: 4.2mg (5.09%), Potassium: 170.33mg (4.87%), Manganese: 0.09mg (4.57%), Vitamin E: 0.57mg (3.8%), Copper: 0.06mg (3.24%), Vitamin B2: 0.05mg (3.18%), Iron: 0.43mg (2.4%), Phosphorus: 22.68mg (2.27%), Folate: 7.5µg (1.87%), Vitamin B1: 0.03mg (1.69%), Vitamin B6: 0.03mg (1.65%), Magnesium: 6.51mg (1.63%), Vitamin B3: 0.3mg (1.5%), Fiber: 0.37g (1.48%), Vitamin B5: 0.14mg (1.4%), Calcium: 13.78mg (1.38%), Zinc: 0.16mg (1.07%)