



WHATSheATE



Gluten-Free Broccoli and Squash Medley



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



14

CALORIES



98 kcal

SIDE DISH

Ingredients

- ☐ 7 cups broccoli frozen
- ☐ 2 cups butternut squash cubed peeled () (1 1/2 lb)
- ☐ 0.5 cup orange juice
- ☐ 0.3 cup butter melted
- ☐ 0.5 cup cranberries dried sweetened
- ☐ 0.5 cup pecans toasted finely chopped
- ☐ 1 tablespoon orange zest grated
- ☐ 1 teaspoon salt

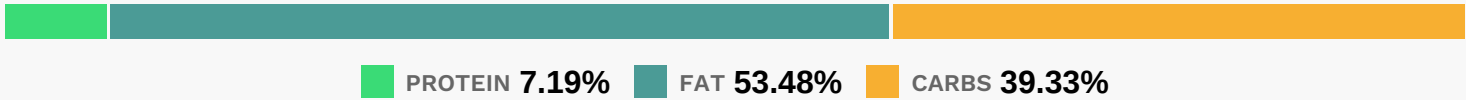
Equipment

☐ frying pan

Directions

- ☐ Cook broccoli as directed on bag; set aside.
- ☐ Meanwhile, in 12-inch skillet, cook squash in orange juice over medium-low heat 8 to 10 minutes, stirring frequently, until tender but firm.
- ☐ Stir in butter, broccoli, cranberries, pecans, orange peel and salt; toss to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:6.71, Glycemic Load:1.06, Inflammation Score:-9, Nutrition Score:10.882174049059%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.06mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 97.74kcal (4.89%), Fat: 6.31g (9.71%), Saturated Fat: 0.98g (6.11%), Carbohydrates: 10.45g (3.48%), Net Carbohydrates: 8.24g (3%), Sugar: 5.23g (5.81%), Cholesterol: 0mg (0%), Sodium: 219.97mg (9.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.82%), Vitamin C: 48.52mg (58.81%), Vitamin A: 2566.81IU (51.34%), Vitamin K: 45.57µg (43.4%), Manganese: 0.32mg (16.06%), Folate: 36.8µg (9.2%), Fiber: 2.21g (8.84%), Potassium: 247.88mg (7.08%), Vitamin B6: 0.12mg (6.11%), Vitamin E: 0.91mg (6.05%), Vitamin B1: 0.09mg (5.76%), Magnesium:

22.12mg (5.53%), Phosphorus: 49.3mg (4.93%), Copper: 0.09mg (4.49%), Vitamin B5: 0.4mg (3.97%), Vitamin B2: 0.07mg (3.9%), Calcium: 36.38mg (3.64%), Iron: 0.6mg (3.33%), Vitamin B3: 0.63mg (3.15%), Zinc: 0.4mg (2.65%), Selenium: 1.39µg (1.98%)