



Green Beans and Roasted Squash with Sherry Soy Butter



Vegetarian



Gluten Free



Low Fod Map

READY IN



300 min.

SERVINGS



10

CALORIES



230 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup butter unsalted melted cut into tablespoon pieces and other tablespoon
- ☐ 4 lb butternut squash halved lengthwise seeded
- ☐ 2 lb haricots verts trimmed (preferably haricots verts)
- ☐ 3 tablespoons olive oil
- ☐ 0.3 teaspoon salt
- ☐ 1.5 tablespoons sherry vinegar

- ☐ 1.5 tablespoons soya sauce

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ roasting pan
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 425°F.
- ☐ Cook beans in 2 batches in a 4-quart saucepan of boiling salted water until just tender, 3 to 4 minutes, transferring with a slotted spoon to a bowl of ice and cold water to stop cooking. When cool, drain beans and pat dry.
- ☐ Toss squash with oil, salt, and pepper in a large bowl, then roast in a large shallow baking pan (1 inch deep) in middle of oven, turning occasionally, until golden brown and tender, about 40 minutes.
- ☐ While squash is roasting, melt 1 stick butter with vinegar and soy sauce over moderately low heat, whisking until emulsified, about 4 minutes. Season with salt and pepper.
- ☐ Reduce oven temperature to 350°F.
- ☐ Push roasted squash to 1 side of roasting pan and add beans to other side.
- ☐ Drizzle beans with tablespoon melted butter and heat in middle of oven, uncovered, stirring occasionally, about 20 minutes.
- ☐ Transfer roasted vegetables to a dish. Just before serving, drizzle with Sherry soy butter and gently toss.
- ☐ Squash can be roasted 1 day ahead and chilled, covered. Bring to room temperature before reheating with beans.

Nutrition Facts



 PROTEIN **6.17%**  FAT **49.55%**  CARBS **44.28%**

Properties

Glycemic Index:14.3, Glycemic Load:1.81, Inflammation Score:-10, Nutrition Score:20.356087054895%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 230.45kcal (11.52%), Fat: 13.79g (21.22%), Saturated Fat: 6.5g (40.61%), Carbohydrates: 27.73g (9.24%), Net Carbohydrates: 21.62g (7.86%), Sugar: 7g (7.78%), Cholesterol: 24.4mg (8.13%), Sodium: 294.91mg (12.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.72%), Vitamin A: 20196.61IU (403.93%), Vitamin C: 49.18mg (59.61%), Vitamin K: 44.41µg (42.29%), Manganese: 0.58mg (29.17%), Vitamin E: 3.85mg (25.69%), Fiber: 6.1g (24.45%), Potassium: 840.12mg (24%), Magnesium: 85.85mg (21.46%), Vitamin B6: 0.41mg (20.66%), Folate: 79.76µg (19.94%), Vitamin B1: 0.26mg (17.2%), Vitamin B3: 2.96mg (14.78%), Iron: 2.31mg (12.83%), Calcium: 124.35mg (12.44%), Phosphorus: 100.84mg (10.08%), Copper: 0.2mg (9.89%), Vitamin B5: 0.95mg (9.53%), Vitamin B2: 0.14mg (8.16%), Zinc: 0.51mg (3.42%), Selenium: 1.59µg (2.27%)