



Harvest Salad

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



349 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large butternut squash
- ☐ 6 bacon crumbled cooked
- ☐ 0.3 cup cranberries fresh
- ☐ 4 ounces goat cheese crumbled
- ☐ 2 tablespoons honey
- ☐ 1 teaspoon kosher salt
- ☐ 0.8 cup accompaniment: lightly whipped cream salted
- ☐ 2 tablespoons olive oil

- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 8 oz poppy seeds
- ☐ 8 oz the salad mixed

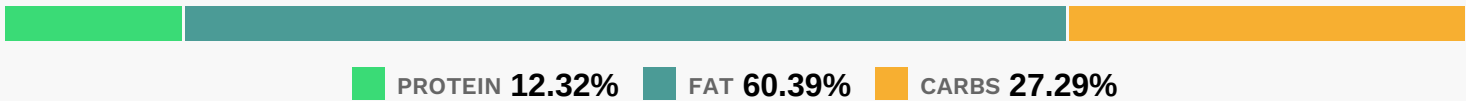
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Peel and seed butternut squash; cut into 3/4-inch cubes. Toss together squash, olive oil, and next 3 ingredients in a large bowl; place in a single layer in a lightly greased aluminum foil-lined 15- x 10-inch jelly-roll pan.
- ☐ Bake 20 to 25 minutes or until squash is tender and begins to brown, stirring once after 10 minutes.
- ☐ Remove from oven, and cool in pan 10 minutes.
- ☐ Meanwhile, pulse poppy-seed dressing and cranberries in a blender 3 to 4 times or until cranberries are coarsely chopped.
- ☐ Toss together squash, gourmet salad greens, and next 3 ingredients on a large serving platter.
- ☐ Serve with dressing mixture.

Nutrition Facts



Properties

Glycemic Index:16.78, Glycemic Load:2.51, Inflammation Score:-10, Nutrition Score:25.564347808776%

Flavonoids

Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.54mg, Peonidin: 1.54mg, Peonidin: 1.54mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 348.52kcal (17.43%), Fat: 24.66g (37.94%), Saturated Fat: 7.16g (44.76%), Carbohydrates: 25.07g (8.36%), Net Carbohydrates: 17.51g (6.37%), Sugar: 8.29g (9.21%), Cholesterol: 27.87mg (9.29%), Sodium: 466.78mg (20.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.32g (22.64%), Vitamin A: 10602IU (212.04%), Manganese: 2.18mg (109%), Calcium: 486.07mg (48.61%), Phosphorus: 348.95mg (34.9%), Magnesium: 138.01mg (34.5%), Copper: 0.66mg (32.93%), Vitamin C: 27.08mg (32.82%), Fiber: 7.56g (30.23%), Vitamin B1: 0.39mg (25.89%), Iron: 3.99mg (22.18%), Zinc: 2.77mg (18.47%), Potassium: 623.21mg (17.81%), Vitamin E: 2.45mg (16.33%), Vitamin B6: 0.31mg (15.4%), Folate: 60.91µg (15.23%), Selenium: 7.9µg (11.29%), Vitamin B3: 2.24mg (11.18%), Vitamin B2: 0.13mg (7.76%), Vitamin B5: 0.68mg (6.79%), Vitamin K: 3.75µg (3.58%), Vitamin B12: 0.09µg (1.54%)