



Honey Thyme Roasted Butternut Squash



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



107 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 cups butternut squash raw cubed
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 0.3 cup thyme leaves fresh finely chopped
- ☐ 2 tablespoons honey
- ☐ 0.5 teaspoon kosher salt

Equipment

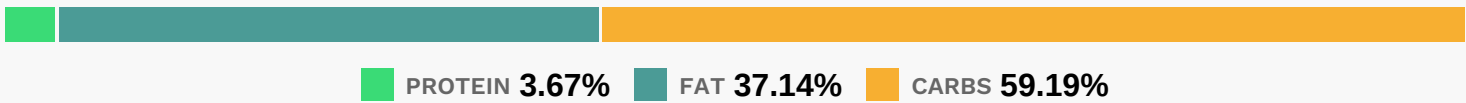
- ☐ frying pan

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F. and line a large baking sheet with a silpat liner or parchment paper lightly sprayed with cooking spray.
- ☐ Heat oil in a large 3 quart skillet over medium heat.
- ☐ Saute butternut squash, season with salt and pepper and cook for a good 5 minutes, stirring often to get some color on the squash.Tansfer partially cooked butternut squash to prepared baking sheet.
- ☐ Bake for 15 minutes or until fork tender.
- ☐ Remove from oven and add fresh chopped thyme leaves then drizzle with honey. Gently toss to coat evenly and serve warm.

Nutrition Facts



Properties

Glycemic Index:21.55, Glycemic Load:3.11, Inflammation Score:-10, Nutrition Score:10.273043518481%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg

Nutrients (% of daily need)

Calories: 106.64kcal (5.33%), Fat: 4.79g (7.38%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 17.19g (5.73%), Net Carbohydrates: 15.03g (5.46%), Sugar: 7.8g (8.67%), Cholesterol: 0mg (0%), Sodium: 198.08mg (8.61%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.07g (2.13%), Vitamin A: 10010.87IU (200.22%), Vitamin C: 22.64mg (27.44%), Vitamin E: 2.02mg (13.45%), Manganese: 0.24mg (11.87%), Potassium: 344.79mg (9.85%), Magnesium: 35.02mg (8.76%), Fiber: 2.16g (8.66%), Vitamin B6: 0.15mg (7.61%), Folate: 26.2µg (6.55%), Vitamin B1: 0.09mg (6.29%), Vitamin B3: 1.16mg (5.82%), Iron: 1.05mg (5.81%), Calcium: 53.35mg (5.33%), Copper: 0.08mg (4.07%), Vitamin B5: 0.39mg (3.87%), Vitamin K: 3.97µg (3.78%), Phosphorus: 33.2mg (3.32%), Vitamin B2: 0.03mg (1.78%), Zinc: 0.19mg (1.27%)