



 **53%**
HEALTH SCORE

Maple Cinnamon Roasted Butternut Squash

 Vegetarian  Vegan  Dairy Free  Popular  Low Fod Map

READY IN



40 min.

SERVINGS



6

CALORIES



146 kcal

SIDE DISH

Ingredients

- 2 sheets baking mix
- 8 cups butternut squash cubed peeled seeded (and)
- 2 pinches ground pepper
- 0.5 tsp cinnamon
- 2 tbsp olive oil extra virgin
- 2 tbsp maple syrup
- 0.5 tsp salt

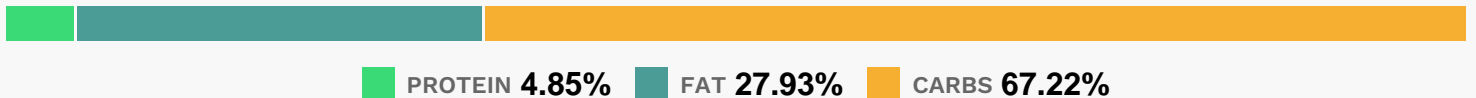
Equipment

- baking sheet
- aluminum foil

Directions

- Save Recipe
- Print Recipe
- Maple Cinnamon Roasted Butternut Squash
- Ingredients8 cups cubed butternut squash (peeled and seeded), about 3 lbs of peeled cubes2 tbsp extra virgin olive oil2 tbsp maple syrup1/2 tsp salt1/2 tsp cinnamon2 pinches cayenne
- You will also need2 baking sheets, foil (optional)
- Prep Time: 5 Minutes
- Cook Time: 35 Minutes
- Total Time: 40 Minutes
- Servings: 6
- Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:12.25, Glycemic Load:1.67, Inflammation Score:-10, Nutrition Score:15.571304327282%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 146.28kcal (7.31%), Fat: 4.96g (7.64%), Saturated Fat: 0.71g (4.43%), Carbohydrates: 26.89g (8.96%), Net Carbohydrates: 22.94g (8.34%), Sugar: 8.18g (9.09%), Cholesterol: 0.01mg (0%), Sodium: 206.32mg (8.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.88%), Vitamin A: 19982.02IU (399.64%), Vitamin C: 39.46mg (47.84%), Manganese: 0.58mg (28.83%), Vitamin E: 3.46mg (23.1%), Potassium: 680.34mg (19.44%), Magnesium: 65.59mg (16.4%), Fiber: 3.95g (15.78%), Vitamin B6: 0.3mg (14.81%), Vitamin B1: 0.19mg (12.94%), Folate: 51.18µg (12.8%), Vitamin B3: 2.29mg (11.46%), Calcium: 100.29mg (10.03%), Iron: 1.39mg (7.75%), Vitamin B5:

0.75mg (7.5%), Vitamin B2: 0.13mg (7.45%), Copper: 0.14mg (6.85%), Phosphorus: 64.67mg (6.47%), Vitamin K:
5.22µg (4.97%), Zinc: 0.34mg (2.28%), Selenium: 0.99µg (1.42%)