



Maple-roasted squash with pecans



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



60 min.

SERVINGS



6

CALORIES



182 kcal

SIDE DISH

Ingredients

- ☐ 3 rosemary
- ☐ 2 tbsp unrefined sunflower oil
- ☐ 3 tbsp maple syrup
- ☐ 1 large butternut squash peeled deseeded cut into wedges
- ☐ 50 g pecans salted

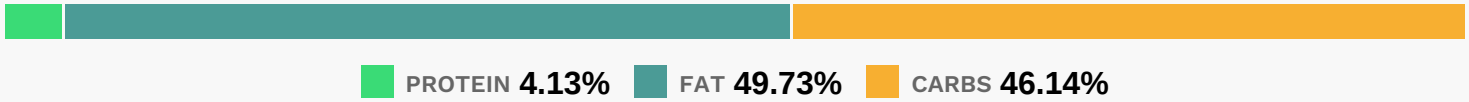
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Finely chop the leaves from 2 rosemary sprigs and mix with the oil, maple syrup and plenty of seasoning. Toss with the butternut squash on a large baking tray and roast for 20 mins.
- ☐ Roughly chop the pecans so they stay pretty chunky. Break the remaining rosemary sprig into shorter sprigs, then scatter with the pecans over the squash, and toss together, turning over the squash wedges. Return to the oven for another 20 mins until the squash is tender and caramelising at the edges.
- ☐ Serve straight away, or at room temperature.

Nutrition Facts



Properties

Glycemic Index:19.42, Glycemic Load:2.5, Inflammation Score:-10, Nutrition Score:14.529999846997%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg

Nutrients (% of daily need)

Calories: 182.25kcal (9.11%), Fat: 10.8g (16.61%), Saturated Fat: 1g (6.28%), Carbohydrates: 22.54g (7.51%), Net Carbohydrates: 19.22g (6.99%), Sugar: 9.07g (10.08%), Cholesterol: 0mg (0%), Sodium: 5.93mg (0.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.03%), Vitamin A: 13293.73IU (265.87%), Manganese: 0.86mg (42.92%), Vitamin C: 26.37mg (31.97%), Vitamin E: 3.83mg (25.56%), Potassium: 497.14mg (14.2%), Magnesium: 54.79mg (13.7%), Fiber: 3.32g (13.29%), Vitamin B1: 0.19mg (12.46%), Vitamin B6: 0.21mg (10.54%), Vitamin B2: 0.16mg (9.59%), Copper: 0.19mg (9.51%), Folate: 35.74µg (8.93%), Vitamin B3: 1.61mg (8.03%), Calcium: 77.37mg (7.74%), Phosphorus: 64.37mg (6.44%), Iron: 1.11mg (6.17%), Vitamin B5: 0.57mg (5.72%), Zinc: 0.64mg (4.24%), Vitamin K: 1.92µg (1.83%), Selenium: 0.94µg (1.35%)