



 **61%**
HEALTH SCORE

Marinated Butternut Squash: Scapece Di Zucca

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



55 min.

SERVINGS



8

CALORIES



154 kcal

SIDE DISH

Ingredients

- 2 medium butternut squash seeded cut into 1-inch slices
- 0.3 cup mint leaves fresh
- 1 clove garlic paper-thin sliced
- 4 tablespoons olive oil extra virgin extra-virgin
- 1 tablespoon oregano dried
- 0.5 teaspoon pepper red
- 0.5 medium onion paper thin red sliced

- 0.3 cup red wine vinegar
- 8 servings salt and pepper

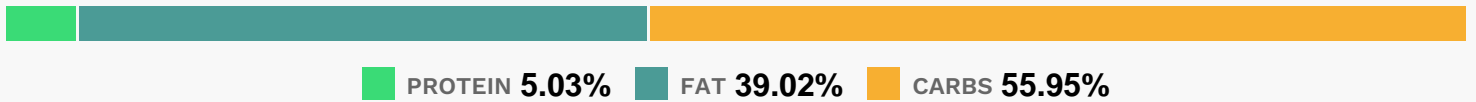
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 450 degrees F.
- Season the squash with salt and pepper, drizzle with 4 tablespoons olive oil, and place in a single layer on 1 or 2 cookie sheets.
- Bake in the oven until just tender, about 18 to 20 minutes. Meanwhile, stir together the remaining oil, vinegar, onion, chile flakes, oregano, and garlic and season with salt and pepper.
- Remove the squash from the oven and pour the marinade over. Allow to cool for 20 minutes in the marinade, sprinkle with fresh mint leaves, and serve. This dish can be made earlier in the day but should not be refrigerated.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:0.18, Inflammation Score:-10, Nutrition Score:15.820869497631%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 153.98kcal (7.7%), Fat: 7.25g (11.16%), Saturated Fat: 1.02g (6.41%), Carbohydrates: 23.41g (7.8%), Net Carbohydrates: 19.11g (6.95%), Sugar: 4.45g (4.95%), Cholesterol: 0mg (0%), Sodium: 205.01mg (8.91%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.21%), Vitamin A: 20038.85IU (400.78%), Vitamin C: 40.5mg (49.09%), Vitamin E: 3.87mg (25.81%), Manganese: 0.45mg (22.38%), Potassium: 692.88mg (19.8%), Fiber: 4.3g (17.19%), Magnesium: 67.83mg (16.96%), Vitamin B6: 0.31mg (15.63%), Folate: 55.06µg (13.77%), Vitamin B1: 0.19mg (12.93%), Vitamin B3: 2.33mg (11.64%), Calcium: 106.71mg (10.67%), Vitamin K: 10.33µg (9.84%), Iron: 1.73mg (9.62%), Vitamin B5: 0.77mg (7.72%), Copper: 0.15mg (7.48%), Phosphorus: 67.37mg (6.74%), Vitamin B2: 0.05mg (2.82%), Zinc: 0.34mg (2.25%), Selenium: 1.08µg (1.54%)