



Miso-glazed Kabocha Squash



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



100 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons brown sugar light packed
- ☐ 0 piece ginger fresh finely grated peeled
- ☐ 2 tablespoons rice vinegar (not seasoned)
- ☐ 2 teaspoons sesame oil toasted
- ☐ 0.3 cup cooking sherry
- ☐ 2 tablespoons soya sauce
- ☐ 3 tablespoons vegetable oil
- ☐ 6 tablespoons miso white

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 37
- ☐ In a blender or food processor, whirl miso, ginger, sake, vegetable oil, rice vinegar, soy sauce, and brown sugar.
- ☐ In a large bowl, toss squash slices with miso mixture to coat thoroughly. Lift slices from sauce and arrange them, overlapping slightly, on a large baking sheet. Reserve sauce.
- ☐ Bake 15 minutes.
- ☐ Brush slices with remaining sauce (you will have some left over) and cook until tender when thick edges are pierced with a fork, about 5 to 10 more minutes.
- ☐ Drizzle with sesame oil and serve hot or warm.
- ☐ *Find white miso in the refrigerated area of your supermarket's produce section.

Nutrition Facts



PROTEIN 8.73% FAT 63.88% CARBS 27.39%

Properties

Glycemic Index:19.5, Glycemic Load:1.62, Inflammation Score:-1, Nutrition Score:2.2286956161261%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 100.14kcal (5.01%), Fat: 6.87g (10.57%), Saturated Fat: 1.05g (6.56%), Carbohydrates: 6.63g (2.21%), Net Carbohydrates: 5.9g (2.15%), Sugar: 3.85g (4.28%), Cholesterol: 0mg (0%), Sodium: 728.24mg (31.66%), Alcohol: 0.77g (100%), Alcohol %: 2.59% (100%), Protein: 2.11g (4.23%), Vitamin K: 13.28µg (12.65%), Manganese: 0.14mg (7.24%), Copper: 0.06mg (3.08%), Fiber: 0.72g (2.9%), Vitamin E: 0.43mg (2.88%), Phosphorus: 27.75mg (2.78%), Iron: 0.47mg (2.6%), Zinc: 0.36mg (2.37%), Magnesium: 8.98mg (2.24%), Vitamin B2: 0.04mg (2.22%), Vitamin B6: 0.04mg (1.97%), Vitamin B3: 0.3mg (1.52%), Selenium: 0.99µg (1.42%), Potassium: 45.71mg (1.31%), Calcium: 11.57mg (1.16%), Vitamin B1: 0.02mg (1.03%)