



Moroccan-Roasted Butternut Squash



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



25 min.

SERVINGS



3

CALORIES



161 kcal

SIDE DISH

Ingredients

- ☐ 1.8 pounds butternut squash
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon salt

Equipment

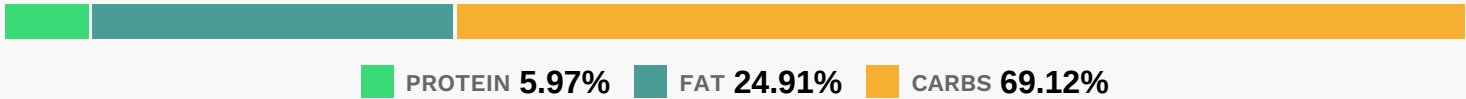
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 47
- ☐ Peel squash, and cut into quarters; cut quarters crosswise into thin slices.
- ☐ Place squash in a large bowl; drizzle with oil.
- ☐ Combine cinnamon and next 3 ingredients in a small bowl.
- ☐ Sprinkle squash with spice mixture; toss well.
- ☐ Place squash on a large baking sheet coated with cooking spray.
- ☐ Bake at 475 for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:0.01, Inflammation Score:-10, Nutrition Score:18.912608639054%

Flavonoids

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

Nutrients (% of daily need)

Calories: 161.42kcal (8.07%), Fat: 4.98g (7.67%), Saturated Fat: 0.71g (4.41%), Carbohydrates: 31.12g (10.37%), Net Carbohydrates: 25.74g (9.36%), Sugar: 5.84g (6.48%), Cholesterol: 0mg (0%), Sodium: 204.78mg (8.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.38%), Vitamin A: 28163.55IU (563.27%), Vitamin C: 55.64mg (67.45%), Vitamin E: 4.51mg (30.1%), Manganese: 0.56mg (27.84%), Potassium: 936.48mg (26.76%), Magnesium: 90.75mg (22.69%), Fiber: 5.38g (21.51%), Vitamin B6: 0.41mg (20.52%), Folate: 71.55µg (17.89%), Vitamin B1: 0.27mg (17.73%), Vitamin B3: 3.19mg (15.96%), Calcium: 129.68mg (12.97%), Iron: 2mg (11.13%), Vitamin B5: 1.06mg (10.59%), Copper: 0.19mg (9.63%), Phosphorus: 88.45mg (8.84%), Vitamin K: 5.82µg (5.54%), Vitamin B2: 0.05mg (3.19%), Zinc: 0.41mg (2.73%), Selenium: 1.34µg (1.92%)