



Parmesan-Roasted Butternut Squash

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



172 kcal

SIDE DISH

Ingredients

- ☐ 2.5 pounds butternut squash peeled cut into 1-inch pieces
- ☐ 0.8 cup cup heavy whipping cream
- ☐ 0.7 cup parmesan finely grated
- ☐ 3 sage

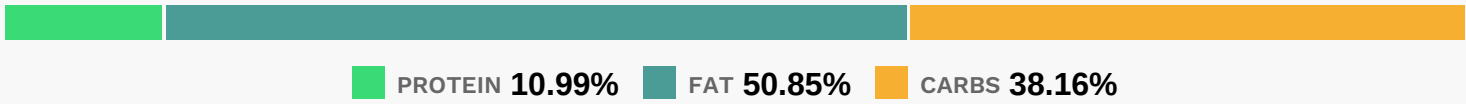
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400°F with rack in middle.
- ☐ Toss squash with cream, sage, 1 teaspoon salt, and 1/4 teaspoon pepper in a 2-quart shallow baking dish.
- ☐ Bake, covered, 30 minutes.
- ☐ Stir in half of cheese and sprinkle remainder on top. Roast, uncovered, until squash is tender and beginning to brown, about 20 minutes.
- ☐ Let stand about 5 minutes before serving (cream will thicken).
- ☐ •Butternut squash can be cut 1 day ahead and chilled in sealable bags. •If you're making this entire menu, squash can be roasted at same time as mushroom and farro pie (recipe precedes). Use upper and lower thirds of oven, switching position halfway through.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.07, Inflammation Score:-10, Nutrition Score:13.784782679185%

Nutrients (% of daily need)

Calories: 172.34kcal (8.62%), Fat: 10.35g (15.92%), Saturated Fat: 6.53g (40.81%), Carbohydrates: 17.47g (5.82%), Net Carbohydrates: 14.64g (5.32%), Sugar: 3.84g (4.26%), Cholesterol: 30.88mg (10.29%), Sodium: 145.2mg (6.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.06%), Vitamin A: 15460.85IU (309.22%), Vitamin C: 29.9mg (36.24%), Calcium: 181.53mg (18.15%), Vitamin E: 2.26mg (15.1%), Potassium: 527.88mg (15.08%), Manganese: 0.29mg (14.49%), Magnesium: 53.45mg (13.36%), Phosphorus: 117.56mg (11.76%), Vitamin B6: 0.23mg (11.68%), Fiber: 2.84g (11.34%), Vitamin B1: 0.15mg (9.97%), Folate: 39.75µg (9.94%), Vitamin B3: 1.74mg (8.69%), Copper: 0.15mg (7.67%), Vitamin B5: 0.66mg (6.62%), Iron: 1.08mg (6.03%), Vitamin B2: 0.1mg (5.76%), Selenium: 3.25µg (4.65%), Zinc: 0.5mg (3.3%), Vitamin D: 0.4µg (2.66%), Vitamin K: 2.41µg (2.3%), Vitamin B12: 0.14µg (2.26%)