



Roasted Acorn Squash and Portobello Mushroom Salad with Radicchio, Apples and Pumpkin Seeds

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



235 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 acorn squash seeded cut into 1/2-inch rings,
- 1 cup baby arugula
- 6 servings garnish: epazote leaves; pumpkin-seed oil for garnish
- 1 apples i use 2 granny smith apples with 1 teaspoon red wine vinegar julienned
- 6 servings kosher salt
- 6 servings olive oil extra-virgin

- 1 pound portabello mushrooms cleaned
- 3 tablespoons pumpkin seeds green toasted
- 1 head radicchio trevisano
- 3 tablespoons red wine vinegar

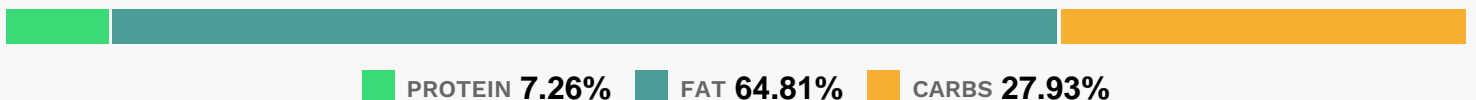
Equipment

- bowl
- oven

Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F.
- Toss the squash rings with olive oil and salt and bake on a sheet tray in the preheated oven for 15 to 20 minutes or until the squash is soft and starting to caramelize. Repeat this process with the mushrooms. *Hint – these can be done at the same time! Reserve until ready to use.
- Toss together the radicchio, arugula, apple and pumpkin seeds in a medium bowl. Dress with vinegar, olive oil and salt. The salad should be dressed and well seasoned but not soggy.
- To serve: Return the squash and mushrooms to the oven for 2 to 3 minutes, just to warm them up.
- Place a squash ring on a serving plate.
- Place a handful of the salad inside the ring.
- Cut the mushrooms into 4 slices and arrange them, fanned, on the side of the salad.
- Drizzle with pumpkin seed oil.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:1.15, Inflammation Score:-7, Nutrition Score:17.2530436153%

Flavonoids

Cyanidin: 59.74mg, Cyanidin: 59.74mg, Cyanidin: 59.74mg, Cyanidin: 59.74mg Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 17.78mg, Luteolin: 17.78mg, Luteolin: 17.78mg, Luteolin: 17.78mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Quercetin: 16.18mg, Quercetin: 16.18mg, Quercetin: 16.18mg, Quercetin: 16.18mg

Nutrients (% of daily need)

Calories: 234.51kcal (11.73%), Fat: 17.91g (27.56%), Saturated Fat: 2.66g (16.65%), Carbohydrates: 17.36g (5.79%), Net Carbohydrates: 13.8g (5.02%), Sugar: 5.46g (6.07%), Cholesterol: 0mg (0%), Sodium: 215.45mg (9.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.03%), Vitamin K: 132.09µg (125.8%), Copper: 0.5mg (25.04%), Manganese: 0.49mg (24.45%), Selenium: 15.32µg (21.89%), Vitamin E: 3.26mg (21.76%), Potassium: 753.69mg (21.53%), Vitamin B3: 4.31mg (21.53%), Phosphorus: 193.49mg (19.35%), Folate: 68.42µg (17.11%), Vitamin C: 13.66mg (16.56%), Magnesium: 62.04mg (15.51%), Fiber: 3.56g (14.25%), Vitamin B6: 0.27mg (13.56%), Vitamin B5: 1.35mg (13.45%), Vitamin B1: 0.17mg (11.53%), Iron: 1.64mg (9.13%), Vitamin B2: 0.14mg (8.05%), Zinc: 1.2mg (8.03%), Vitamin A: 372.51IU (7.45%), Calcium: 45mg (4.5%), Vitamin D: 0.23µg (1.51%)