



## Roasted Acorn Squash Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



133 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 0.3 cup acorn squash
- ☐ 2 cups acorn squash leftover cut into 2-inch chunks, at room
- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 small heads red-leaf lettuce red
- ☐ 3 tablespoons olive oil extra virgin extra-virgin

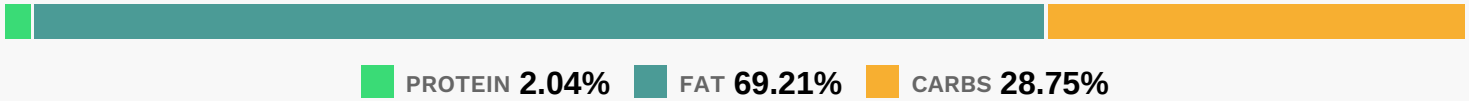
## Equipment

- ☐ bowl

# Directions

- ☐ Place the lettuce in a large salad bowl. Top with the squash and seeds. Season with the salt, drizzle with the vinegar and oil, and toss the salad gently.
- ☐ Serve with warm, crusty bread.

## Nutrition Facts



## Properties

Glycemic Index:12.5, Glycemic Load:0.68, Inflammation Score:-4, Nutrition Score:4.3926086788592%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 132.62kcal (6.63%), Fat: 10.58g (16.28%), Saturated Fat: 1.47g (9.16%), Carbohydrates: 9.89g (3.3%), Net Carbohydrates: 8.66g (3.15%), Sugar: 1.2g (1.33%), Cholesterol: 0mg (0%), Sodium: 295.37mg (12.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.41%), Vitamin C: 9.01mg (10.92%), Vitamin E: 1.51mg (10.09%), Potassium: 293.91mg (8.4%), Vitamin B1: 0.11mg (7.65%), Manganese: 0.15mg (7.46%), Vitamin A: 355.91IU (7.12%), Vitamin K: 7.37µg (7.02%), Magnesium: 27.19mg (6.8%), Vitamin B6: 0.13mg (6.33%), Fiber: 1.23g (4.93%), Iron: 0.7mg (3.89%), Folate: 14.15µg (3.54%), Vitamin B5: 0.33mg (3.28%), Phosphorus: 31.13mg (3.11%), Calcium: 29.64mg (2.96%), Vitamin B3: 0.57mg (2.87%), Copper: 0.06mg (2.78%)