



Roasted Acorn Squash with Chile Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



276 kcal

SIDE DISH

Ingredients

- ☐ 2 acorn squash
- ☐ 0.5 teaspoon pepper black
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 garlic clove
- ☐ 1.5 tablespoons juice of lime fresh to taste
- ☐ 6 tablespoons olive oil
- ☐ 1 teaspoons to 5 chilies fresh red hot finely chopped
- ☐ 1 teaspoon salt

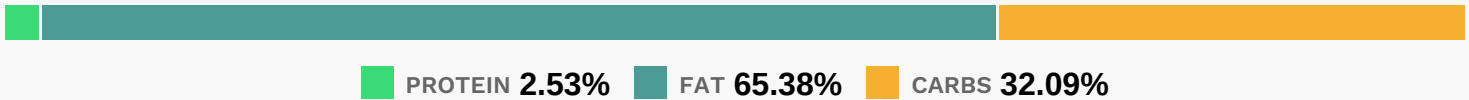
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Put oven racks in upper and lower thirds of oven and preheat oven to 450F. Halve squash lengthwise, then cut off and discard stem ends. Scoop out seeds and cut squash lengthwise into 3/4-inch-wide wedges. Toss squash with black pepper, 3/4 teaspoon salt, and 2 tablespoons oil in a bowl, then arrange, cut sides down, in 2 large shallow baking pans. Roast squash, switching position of pans halfway through roasting, until squash is tender and undersides of wedges are golden brown, 25 to 35 minutes.
- ☐ While squash roasts, mince garlic and mash to a paste with remaining 1/4 teaspoon salt.
- ☐ Transfer paste to a small bowl and whisk in lime juice, chile (to taste), cilantro, and remaining 1/4 cup oil until combined.
- ☐ Transfer squash, browned sides up, to a platter and drizzle with vinaigrette.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:0.14, Inflammation Score:-7, Nutrition Score:11.226956616277%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 275.54kcal (13.78%), Fat: 21.24g (32.67%), Saturated Fat: 2.95g (18.43%), Carbohydrates: 23.45g (7.82%), Net Carbohydrates: 20.1g (7.31%), Sugar: 0.17g (0.19%), Cholesterol: 0mg (0%), Sodium: 588.75mg (25.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.7%), Vitamin C: 27.48mg (33.31%), Potassium: 766.09mg (21.89%), Manganese: 0.41mg (20.5%), Vitamin B1: 0.31mg (20.39%), Vitamin E: 3.05mg (20.35%), Magnesium: 70.38mg (17.59%), Vitamin B6: 0.35mg (17.53%), Vitamin A: 820.53IU (16.41%), Fiber: 3.36g (13.43%), Vitamin K: 13.89µg (13.23%), Folate: 37.67µg (9.42%), Iron: 1.69mg (9.39%), Vitamin B5: 0.88mg (8.81%), Phosphorus: 80.54mg (8.05%), Vitamin B3: 1.54mg (7.71%), Calcium: 75.25mg (7.52%), Copper: 0.15mg (7.48%), Zinc: 0.3mg (2.01%), Selenium: 1.21µg (1.73%), Vitamin B2: 0.03mg (1.47%)