



Roasted Butternut Squash and Apple Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



336 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 apples cored unpeeled halved cut into matchstick-size strips
- ☐ 0.3 cup balsamic vinegar
- ☐ 4 heads belgian endive separated ends trimmed
- ☐ 8 ounces cheese blue crumbled (such as Maytag)
- ☐ 4 pound butternut squash peeled halved lengthwise seeded
- ☐ 10 servings kosher salt
- ☐ 2 teaspoons t brown sugar dark packed ()
- ☐ 0.5 cup cranberries dried

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 10 servings olive oil

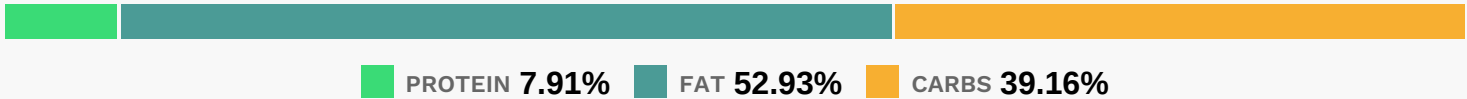
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Whisk vinegar and lemon juice in small bowl; gradually whisk in oil. Season with salt and pepper.
- ☐ Preheat oven to 400°F.
- ☐ Brush 2 large rimmed baking sheets with oil; spray with nonstick spray.
- ☐ Whisk vinegar and sugar in small bowl; set aside.
- ☐ Cut squash halves crosswise into 1/4-inch-thick slices. Arrange squash in single layer on prepared sheets; brush with oil and sprinkle with coarse salt and pepper. Roast 5 minutes; brush with sugar-vinegar mixture. Turn squash over and brush with sugar-vinegar mixture; roast 5 minutes. Roast until squash is tender when pierced with small knife, about 15 minutes longer. Cool on sheets. DO AHEAD: Can be made 4 hours ahead.
- ☐ Let stand at room temperature. Arrange 5 to 6 endive leaves on each of 10 plates.
- ☐ Place butternut squash slices in center of each plate. Scatter apples, cheese, and cranberries over squash.
- ☐ Drizzle dressing over and serve.

Nutrition Facts



Properties

Glycemic Index:10.9, Glycemic Load:2.01, Inflammation Score:-10, Nutrition Score:18.769565178%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 335.97kcal (16.8%), Fat: 20.85g (32.07%), Saturated Fat: 6.23g (38.96%), Carbohydrates: 34.71g (11.57%), Net Carbohydrates: 29.22g (10.62%), Sugar: 14.1g (15.66%), Cholesterol: 17.01mg (5.67%), Sodium: 464.95mg (20.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.01%), Vitamin A: 19485.78IU (389.72%), Vitamin C: 41.54mg (50.36%), Vitamin E: 4.88mg (32.55%), Potassium: 794.84mg (22.71%), Fiber: 5.49g (21.96%), Calcium: 216.42mg (21.64%), Manganese: 0.43mg (21.41%), Magnesium: 72.11mg (18.03%), Vitamin B6: 0.34mg (17.25%), Folate: 66.7µg (16.67%), Phosphorus: 159.13mg (15.91%), Vitamin B1: 0.21mg (13.92%), Vitamin B3: 2.51mg (12.56%), Vitamin B5: 1.19mg (11.89%), Vitamin K: 12.23µg (11.65%), Iron: 1.59mg (8.85%), Copper: 0.17mg (8.34%), Vitamin B2: 0.14mg (8.25%), Zinc: 0.94mg (6.25%), Selenium: 4.29µg (6.13%), Vitamin B12: 0.28µg (4.61%)