



## Roasted Butternut Squash and Pears

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



186 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 pound bosc pear firm ripe
- 2.5 pounds butternut squash
- 2 teaspoons rosemary leaves fresh finely chopped
- 2 teaspoons kosher salt
- 3 tablespoons butter unsalted
- 1 medium onion yellow

### Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- spatula
- peeler

## Directions

- Heat the oven to 475°F and arrange a rack in the middle.
- Place a baking sheet in the oven as it heats.
- Mix the salt, rosemary, and pepper in a small bowl; set aside
- Prepare the squash: Peel off the skin with a vegetable peeler. Trim the top and bottom.
- Cut the neck from the bulb of the squash. Halve each piece lengthwise and scrape out the seeds.
- Cut the squash into 3/4-inch cubes and place in a large bowl. Melt 1 tablespoon of the butter and add it to the squash.
- Add half of the reserved salt mixture and toss to combine.
- Remove the hot baking sheet from the oven and spread the squash into an even layer on it. Roast until the squash is golden brown on the bottom, about 25 minutes. Using a flat spatula, stir and continue roasting until knife tender, about 10 minutes more. Meanwhile, prepare the onion and pears.
- Cut the onion into medium dice; set aside. Peel, core, and cut the pears into large dice; set aside. Melt the remaining 2 tablespoons of butter in a large frying pan over medium heat.
- Add the onion and cook, stirring occasionally, until softened, about 10 minutes.
- Add the pears and remaining half of the salt mixture and cook, stirring occasionally, until the pears are knife tender, about 5 to 6 minutes more.
- Remove the pan from the heat. When the squash is ready, add it to the pan with the onions and pears, toss to combine, and serve.

## Nutrition Facts



■ PROTEIN 4.74% ■ FAT 26.3% ■ CARBS 68.96%

## Properties

Glycemic Index:15.96, Glycemic Load:3.75, Inflammation Score:-10, Nutrition Score:16.539565372078%

## Flavonoids

Cyanidin: 1.56mg, Cyanidin: 1.56mg, Cyanidin: 1.56mg, Cyanidin: 1.56mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg

## Nutrients (% of daily need)

Calories: 185.92kcal (9.3%), Fat: 6g (9.22%), Saturated Fat: 3.66g (22.89%), Carbohydrates: 35.36g (11.79%), Net Carbohydrates: 28.9g (10.51%), Sugar: 12.31g (13.68%), Cholesterol: 15.05mg (5.02%), Sodium: 785mg (34.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.87%), Vitamin A: 20285.99IU (405.72%), Vitamin C: 44.3mg (53.7%), Fiber: 6.46g (25.84%), Manganese: 0.45mg (22.75%), Potassium: 782.9mg (22.37%), Vitamin E: 2.98mg (19.86%), Magnesium: 71.72mg (17.93%), Vitamin B6: 0.34mg (16.78%), Folate: 60.06µg (15.02%), Vitamin B1: 0.21mg (13.8%), Vitamin B3: 2.42mg (12.08%), Calcium: 104.37mg (10.44%), Copper: 0.21mg (10.41%), Iron: 1.52mg (8.42%), Vitamin B5: 0.82mg (8.25%), Phosphorus: 78.59mg (7.86%), Vitamin K: 6.11µg (5.81%), Vitamin B2: 0.06mg (3.82%), Zinc: 0.4mg (2.67%), Selenium: 1.19µg (1.7%)