



WHATSheATE



Roasted Butternut Squash and Pomegranate Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



190 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups butternut squash (peeled seeded cut into bit sized cubes)
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.5 teaspoon cumin (toasted (and ground))
- ☐ 0.3 cup feta
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon paprika
- ☐ 2 tablespoons pomegranate vinaigrette

- ☐ 0.3 cup pomegranate seeds
- ☐ 4 cups romaine lettuce cut into bite sized pieces)
- ☐ 4 servings salt and pepper to taste
- ☐ 0.3 cup walnuts toasted ()

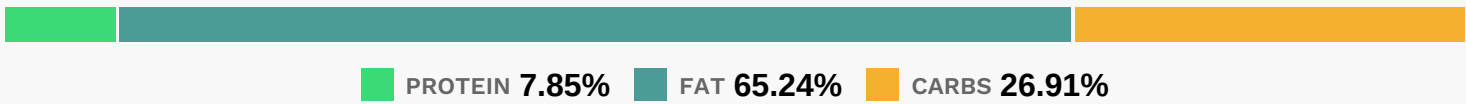
Equipment

- ☐ oven

Directions

- ☐ Toss the butternut squash with the olive oil, cumin, paprika, cinnamon, salt and pepper.
- ☐ Roast the squash in a preheated 400F oven until tender, about 30–40 minutes and set aside.
- ☐ Assembled the salad and toss with the dressing to coat.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:1.22, Inflammation Score:-10, Nutrition Score:16.394347885381%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 189.79kcal (9.49%), Fat: 14.71g (22.64%), Saturated Fat: 2.96g (18.51%), Carbohydrates: 13.66g (4.55%), Net Carbohydrates: 10.13g (3.68%), Sugar: 3.93g (4.37%), Cholesterol: 8.34mg (2.78%), Sodium: 308.44mg (13.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.96%), Vitamin A: 11702.77IU (234.06%), Vitamin K: 61.3µg (58.38%), Manganese: 0.54mg (26.76%), Folate: 97.04µg (24.26%), Vitamin C: 17.75mg (21.52%), Vitamin E: 2.16mg (14.39%), Fiber: 3.53g (14.13%), Potassium: 436.7mg (12.48%), Vitamin B6: 0.24mg (11.81%), Magnesium: 46.46mg (11.61%), Calcium: 109.08mg (10.91%), Copper: 0.21mg (10.67%), Vitamin B1: 0.15mg (10.17%), Phosphorus: 99.98mg (10%), Vitamin B2: 0.14mg (8.53%), Iron: 1.51mg (8.4%), Vitamin B3: 1.23mg (6.16%), Vitamin B5: 0.52mg

(5.25%), Zinc: 0.77mg (5.15%), Selenium: 2.52µg (3.6%), Vitamin B12: 0.16µg (2.64%)