



HEALTH SCORE

100%

Roasted Butternut Squash and Red Onion with Tahini and Za'atar from 'Jerusalem



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



70 min.

SERVINGS



4

CALORIES



357 kcal

SIDE DISH

Ingredients

- ☐ 1 large butternut squash cut into 3/4 by 2 1/2-inch/2 cm by 6 cm wedges ()
- ☐ 1 tablespoon flat parsley coarsely chopped
- ☐ 1 small clove garlic crushed
- ☐ 1.5 tablespoons juice of lemon
- ☐ 3.5 tablespoons olive oil
- ☐ 3.5 tablespoons pinenuts
- ☐ 2 onion red cut into 1 1/4-inch/3 cm wedges

- ☐ 4 servings pepper black freshly ground
- ☐ 3.5 tablespoons tahini light
- ☐ 2 tablespoons water
- ☐ 1 tablespoon za'atar

Equipment

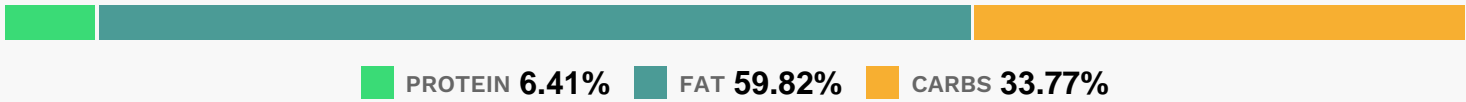
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Preheat the oven to 475°F / 240°C.
- ☐ Put the squash and onion in a large mixing bowl, add 3 tablespoons of the oil, 1 teaspoon salt, and some black pepper and toss well.
- ☐ Spread on a baking sheet with the skin facing down and roast in the oven for 30 to 40 minutes, until the vegetables have taken on some color and are cooked through. Keep an eye on the onions as they might cook faster than the squash and need to be removed earlier.
- ☐ Remove from the oven and leave to cool.
- ☐ To make the sauce, place the tahini in a small bowl along with the lemon juice, water, garlic, and 1/4 teaspoon salt.
- ☐ Whisk until the sauce is the consistency of honey, adding more water or tahini if necessary
- ☐ Pour the remaining 1 1/2 teaspoons oil into a small frying pan and place over medium-low heat.
- ☐ Add the pine nuts along with 1/2 teaspoon salt and cook for 2 minutes, stirring often, until the nuts are golden brown.
- ☐ Remove from the heat and transfer the nuts and oil to a small bowl to stop the cooking.
- ☐ To serve, spread the vegetables out on a large serving platter and drizzle over the tahini.

Sprinkle the pine nuts and their oil on top, followed by the za'atar and parsley.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:1.23, Inflammation Score:-10, Nutrition Score:25.653478083403%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 11.2mg, Quercetin: 11.2mg, Quercetin: 11.2mg, Quercetin: 11.2mg

Nutrients (% of daily need)

Calories: 356.98kcal (17.85%), Fat: 25.54g (39.29%), Saturated Fat: 3.19g (19.93%), Carbohydrates: 32.43g (10.81%), Net Carbohydrates: 26.34g (9.58%), Sugar: 6.95g (7.72%), Cholesterol: 0mg (0%), Sodium: 16.4mg (0.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.16g (12.32%), Vitamin A: 20066.87IU (401.34%), Manganese: 1.33mg (66.31%), Vitamin C: 48.31mg (58.55%), Vitamin K: 48.09µg (45.8%), Vitamin E: 5.38mg (35.89%), Vitamin B1: 0.46mg (30.82%), Magnesium: 107.15mg (26.79%), Potassium: 876.71mg (25.05%), Copper: 0.5mg (24.95%), Fiber: 6.09g (24.35%), Phosphorus: 236.17mg (23.62%), Iron: 3.89mg (21.59%), Folate: 82.34µg (20.58%), Vitamin B6: 0.4mg (20.06%), Vitamin B3: 3.51mg (17.56%), Calcium: 145.32mg (14.53%), Zinc: 1.63mg (10.88%), Vitamin B5: 0.86mg (8.62%), Selenium: 5.95µg (8.5%), Vitamin B2: 0.09mg (5.58%)