






 **42%**
HEALTH SCORE

Roasted Butternut Squash and Sage Dip

 **Gluten Free**

READY IN

45 min.

SERVINGS

2

CALORIES

470 kcal

ANTIPASTI **STARTER** **SNACK** **APPETIZER**

Ingredients

- 1 pound butternut squash cubed peeled seeded
- 4 Tbs olive oil
- 2 Tbs sage fresh chopped
- 0.3 teaspoon garlic powder
- 0.3 teaspoon pepper fresh
- 1 teaspoon sea salt
- 1 medium onion roughly chopped
- 1 clove garlic chopped

- 2 fillet anchovy
- 2 fillet anchovy
- 0.3 cup goat cheese crumbled

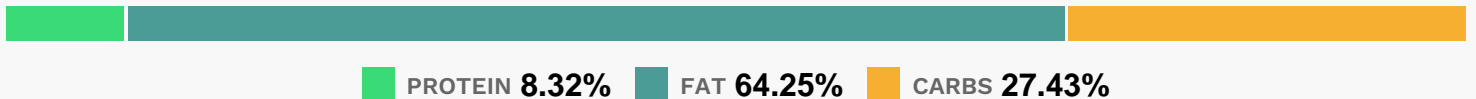
Equipment

- food processor
- bowl
- baking sheet
- oven

Directions

- Preheat Oven to 350 degrees
- Mix olive oil, fresh sage, salt, pepper and garlic powder in a bowl and toss with squash cubes.
- Place on large baking sheet and bake at 350 degrees for 30 minutes or until tender.
- Remove from oven and allow to cool to touch.
- While Squash is cooking, saute chopped onion, anchovy fillets and garlic in a little extra virgin olive oil until onion is tender.
- Remove from heat and allow to cool a bit.
- Add butternut squash and onion mixture, 1/4 cup crumbled goat cheese to food processor and blend until smooth.
- Pour into a decorative bowl and serve with pita wedges, bread sticks or assorted veggies.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:1.32, Inflammation Score:-10, Nutrition Score:28.5%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg 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: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg
Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.19mg, Quercetin:
11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg

Nutrients (% of daily need)

Calories: 469.79kcal (23.49%), Fat: 34.97g (53.8%), Saturated Fat: 8.35g (52.17%), Carbohydrates: 33.6g (11.2%),
Net Carbohydrates: 27.57g (10.03%), Sugar: 7.6g (8.44%), Cholesterol: 17.85mg (5.95%), Sodium: 1288.14mg
(56.01%), Protein: 10.19g (20.38%), Copper: 18.6mg (929.97%), Vitamin A: 24408.15IU (488.16%), Vitamin C: 52.17mg
(63.24%), Manganese: 1.22mg (61.18%), Vitamin E: 7.41mg (49.41%), Potassium: 956.54mg (27.33%), Vitamin B6:
0.52mg (26.16%), Magnesium: 101.75mg (25.44%), Fiber: 6.03g (24.12%), Calcium: 217.43mg (21.74%), Vitamin B3:
4.05mg (20.23%), Vitamin B1: 0.3mg (19.93%), Vitamin K: 20.53µg (19.55%), Folate: 76.07µg (19.02%), Iron: 3.41mg
(18.95%), Phosphorus: 183.81mg (18.38%), Vitamin B5: 1.23mg (12.35%), Vitamin B2: 0.2mg (11.68%), Selenium:
5.44µg (7.77%), Zinc: 0.98mg (6.53%), Vitamin B12: 0.1µg (1.73%)