



Roasted Butternut Squash and Spinach Salad with Toasted Almond Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN



1500 min.

SERVINGS



6

CALORIES



297 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 lb butternut squash peeled seeded cut into 1/2-inch cubes (4 cups)
- 2 teaspoons juice of lemon fresh
- 5.5 tablespoons olive oil extra virgin extra-virgin
- 10 cups pkt spinach
- 0.8 cup almonds whole with skins (3 1/2 oz), very coarsely chopped

Equipment

- bowl

- frying pan
- oven
- whisk
- sieve
- baking pan

Directions

- Preheat oven to 450°F.
- Toss squash with 1 1/2 tablespoons oil in a shallow baking pan and spread cubes in 1 layer. Season with salt and pepper and roast in middle of oven, stirring once halfway through roasting, until squash is just tender and pale golden, about 30 minutes total. Cool in pan on a rack until warm, about 15 minutes.
- While squash is roasting, cook almonds in remaining 4 tablespoons oil in a 10-inch skillet over moderately low heat, stirring constantly, until golden, about 3 minutes, then season with salt and pepper.
- Pour almonds and oil into a fine-mesh sieve set over a large bowl and cool until warm, about 10 minutes.
- When almonds and oil have cooled, whisk lemon juice into oil in bowl until combined well, then season with salt and pepper.
- Add squash, spinach, and half of almonds to dressing and toss gently to coat.
- Divide salad among 6 salad plates and sprinkle with remaining almonds.

Nutrition Facts

  

 PROTEIN **8.43%**  FAT **62.22%**  CARBS **29.35%**

Properties

Glycemic Index:7, Glycemic Load:0.39, Inflammation Score:-10, Nutrition Score:28.446087018303%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg

0.11mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 3.26mg, Kaempferol: 3.26mg, Kaempferol: 3.26mg, Kaempferol: 3.26mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 296.85kcal (14.84%), Fat: 22.1g (34%), Saturated Fat: 2.51g (15.71%), Carbohydrates: 23.47g (7.82%), Net Carbohydrates: 17.1g (6.22%), Sugar: 4.36g (4.84%), Cholesterol: 0mg (0%), Sodium: 46mg (2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.74g (13.47%), Vitamin A: 20761.07IU (415.22%), Vitamin K: 250.89µg (238.94%), Vitamin E: 9.62mg (64.12%), Manganese: 1.16mg (58.13%), Vitamin C: 46.45mg (56.3%), Folate: 146.02µg (36.51%), Magnesium: 139.27mg (34.82%), Potassium: 944.08mg (26.97%), Fiber: 6.36g (25.45%), Vitamin B2: 0.33mg (19.34%), Copper: 0.36mg (17.91%), Vitamin B6: 0.36mg (17.78%), Iron: 3.15mg (17.5%), Calcium: 170.39mg (17.04%), Phosphorus: 160.51mg (16.05%), Vitamin B1: 0.23mg (15.15%), Vitamin B3: 2.83mg (14.12%), Vitamin B5: 0.72mg (7.23%), Zinc: 1.05mg (7%), Selenium: 1.99µg (2.84%)