



Roasted Butternut Squash Combo

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



76 kcal

SIDE DISH

Ingredients

- 1 medium butternut squash peeled seeded cut into 1-inch chunks (4 cups)
- 1 medium bell pepper green red cut into 16 pieces
- 2 tablespoons vegetable oil
- 0.5 teaspoon lawry's seasoned salt
- 0.5 teaspoon basil dried
- 0.3 teaspoon pepper black
- 0.3 teaspoon garlic powder

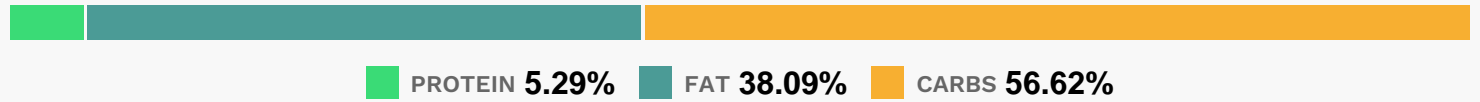
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 425°F. Spray 13x9-inch pan with cooking spray. In large bowl, mix all ingredients until squash and bell pepper are coated.
- Spread in pan.
- Roast uncovered 25 to 30 minutes, stirring once, until squash is tender.

Nutrition Facts



Properties

Glycemic Index:5.88, Glycemic Load:0.05, Inflammation Score:-10, Nutrition Score:10.858260908852%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 75.83kcal (3.79%), Fat: 3.52g (5.42%), Saturated Fat: 0.55g (3.43%), Carbohydrates: 11.79g (3.93%), Net Carbohydrates: 9.61g (3.5%), Sugar: 2.42g (2.69%), Cholesterol: 0mg (0%), Sodium: 149.65mg (6.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.2%), Vitamin A: 10021.47IU (200.43%), Vitamin C: 31.65mg (38.36%), Vitamin E: 1.69mg (11.27%), Manganese: 0.22mg (11.15%), Potassium: 359.65mg (10.28%), Vitamin K: 9.56µg (9.1%), Vitamin B6: 0.18mg (9.01%), Fiber: 2.18g (8.7%), Magnesium: 33.99mg (8.5%), Vitamin B1: 0.1mg (6.85%), Folate: 27.05µg (6.76%), Vitamin B3: 1.2mg (6%), Calcium: 48.33mg (4.83%), Iron: 0.78mg (4.31%), Copper: 0.08mg (4%), Vitamin B5: 0.39mg (3.92%), Phosphorus: 34.57mg (3.46%), Vitamin B2: 0.02mg (1.41%), Zinc: 0.17mg (1.12%)