



Roasted Butternut Squash Hash with Mulled Sorghum Glaze

 Vegetarian  Gluten Free

READY IN

ready

50 min.

SERVINGS

servings

6

CALORIES

calories

302 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple cider
- ☐ 0.3 cup butter cold cubed
- ☐ 3.5 lb butternut squash peeled cut into 1/2-inch cubes
- ☐ 1 tablespoon sage fresh chopped
- ☐ 0.3 teaspoon ground pepper white
- ☐ 1 tablespoon orange juice fresh
- ☐ 10 pearl onions

- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup sorghum syrup
- ☐ 2 tablespoons butter unsalted melted

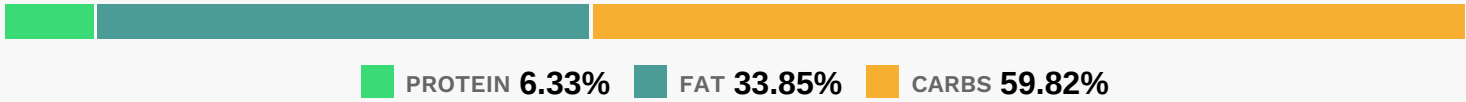
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 42
- ☐ Toss together first 5 ingredients.
- ☐ Place mixture in a single layer in a lightly greased roasting pan.
- ☐ Bake 30 minutes or just until caramelized and fork-tender (al dente), stirring every 10 minutes.
- ☐ Meanwhile, stir together sorghum, apple cider, and orange juice in a small saucepan. Bring to a boil over medium heat, stirring occasionally. Boil, stirring occasionally, 5 to 6 minutes or until mixture is reduced by half. Stir in cold butter until melted.
- ☐ Toss together squash mixture, sorghum mixture, and 1 Tbsp. sage in a serving bowl.
- ☐ Sprinkle with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:28.29, Glycemic Load:1.63, Inflammation Score:-10, Nutrition Score:25.243478116782%

Flavonoids

Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg,

Hesperetin: 0.34mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.21mg, Quercetin: 10.21mg, Quercetin: 10.21mg, Quercetin: 10.21mg

Nutrients (% of daily need)

Calories: 302.08kcal (15.1%), Fat: 12.37g (19.03%), Saturated Fat: 7.44g (46.5%), Carbohydrates: 49.18g (16.39%), Net Carbohydrates: 41.91g (15.24%), Sugar: 9.13g (10.15%), Cholesterol: 30.37mg (10.12%), Sodium: 366.03mg (15.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.41%), Vitamin A: 28486.26IU (569.73%), Copper: 3.25mg (162.27%), Vitamin C: 60.79mg (73.68%), Manganese: 0.71mg (35.53%), Potassium: 1083.75mg (30.96%), Fiber: 7.27g (29.08%), Vitamin E: 4.15mg (27.67%), Magnesium: 97.83mg (24.46%), Vitamin B6: 0.47mg (23.54%), Vitamin B1: 0.33mg (22.25%), Folate: 82.22µg (20.56%), Vitamin B3: 3.73mg (18.63%), Iron: 2.81mg (15.6%), Calcium: 154.43mg (15.44%), Phosphorus: 152.81mg (15.28%), Vitamin B5: 1.15mg (11.46%), Vitamin B2: 0.1mg (5.75%), Vitamin K: 4.1µg (3.91%), Zinc: 0.52mg (3.46%), Selenium: 1.73µg (2.47%)