



## Roasted Butternut Squash Medley

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



8

CALORIES



133 kcal

SIDE DISH

### Ingredients

- 4 slices oscar mayer bacon cut into 1-inch pieces
- 3 Tbsp balsamic vinaigrette dressing kraft
- 1 butternut squash peeled cut into 3/4-inch cubes ( 3 cups)
- 1 tsp grey poupon dijon mustard
- 0.5 lb green beans fresh trimmed
- 1 onion cut into 6 wedges
- 2 pasilla peppers red quartered
- 1 tsp sugar

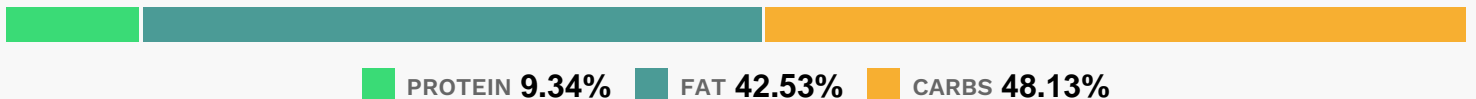
## Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- slotted spoon

## Directions

- Heat oven to 425F.
- Cook and stir bacon in large skillet until crisp.
- Remove bacon from skillet with slotted spoon; drain on paper towels. Discard all but 2 Tbsp. drippings from skillet.
- Pour reserved drippings into small bowl.
- Add dressing, mustard and sugar; mix well. Reserve 1 Tbsp. dressing mixture for later use.
- Add remaining dressing mixture to combined vegetables in large bowl; mix lightly.
- Spread onto rimmed baking sheet sprayed with cooking spray.
- Bake 30 min. or until vegetables are tender, turning after 15 min.
- Spoon vegetables into bowl.
- Add bacon and reserved dressing mixture; mix lightly.

## Nutrition Facts



## Properties

Glycemic Index:25.89, Glycemic Load:1.58, Inflammation Score:-10, Nutrition Score:15.338695483363%

## Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

## **Nutrients (% of daily need)**

Calories: 133.11kcal (6.66%), Fat: 6.71g (10.32%), Saturated Fat: 1.71g (10.68%), Carbohydrates: 17.08g (5.69%), Net Carbohydrates: 13.56g (4.93%), Sugar: 5.54g (6.15%), Cholesterol: 7.26mg (2.42%), Sodium: 137.52mg (5.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.63%), Vitamin A: 11097.5IU (221.95%), Vitamin C: 62.25mg (75.45%), Vitamin B6: 0.32mg (15.86%), Manganese: 0.31mg (15.28%), Potassium: 495.39mg (14.15%), Fiber: 3.53g (14.1%), Vitamin K: 14.74µg (14.04%), Vitamin E: 1.99mg (13.26%), Folate: 51.01µg (12.75%), Vitamin B1: 0.17mg (11.4%), Magnesium: 45.53mg (11.38%), Vitamin B3: 2.09mg (10.43%), Phosphorus: 69.95mg (6.99%), Iron: 1.16mg (6.45%), Calcium: 62.25mg (6.22%), Vitamin B5: 0.61mg (6.13%), Copper: 0.1mg (5.13%), Vitamin B2: 0.09mg (5.1%), Selenium: 3.16µg (4.52%), Zinc: 0.44mg (2.94%)