



 **66%**
HEALTH SCORE

Roasted Butternut Squash Panzanella

 Vegetarian  Dairy Free  Very Healthy

READY IN



80 min.

SERVINGS



6

CALORIES



398 kcal

SIDE DISH

Ingredients

- 3 tablespoons balsamic vinegar
- 0.1 teaspoon pepper black freshly ground plus more for seasoning
- 3 pound butternut squash
- 8 ounces top such as pain au levain, cut into 1/2-inch cubes (6 cups)
- 0.5 cup cranberries dried
- 3 medium garlic clove peeled
- 0.5 teaspoon ground sage
- 1 teaspoon honey

- 0.3 teaspoon kosher salt plus more for seasoning
- 0.3 cup olive oil
- 2 medium shallots trimmed peeled halved
- 0.5 cup walnuts toasted coarsely chopped

Equipment

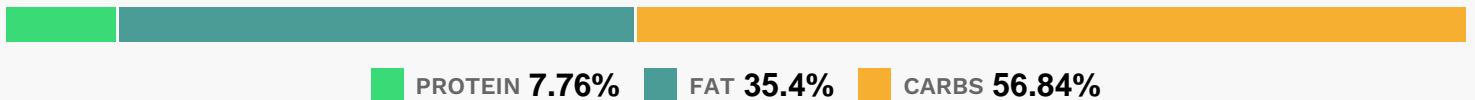
- bowl
- baking sheet
- oven
- wire rack
- blender
- aluminum foil
- spatula
- peeler

Directions

- Heat the oven to 400°F and arrange a rack in the middle.
- Place the shallots and garlic on an 8-inch-long piece of foil and drizzle with 1 tablespoon of the oil. Bring the sides of the foil together and tightly fold down to seal into a packet.
- Place the bread in a single layer on a baking sheet. Move the foil packet aside on the oven rack as necessary, place the bread in the oven, and bake until toasted, about 6 to 8 minutes.
- Remove the bread to a large bowl and set aside. Wipe any crumbs off the baking sheet and set it aside. Leave the foil packet off to one side of the oven rack. Prepare the squash: Peel off the skin with a vegetable peeler. Trim the top and bottom.
- Cut the neck from the bulb of the squash. Halve each piece lengthwise and scrape out the seeds.
- Cut the squash into 1/2-inch cubes and place in a large bowl.
- Add the sage and 1 tablespoon of the oil, and season generously with salt and pepper. Toss until the squash pieces are evenly coated.

- Transfer the squash to the reserved baking sheet and spread into an even layer. Roast next to the foil packet for 15 minutes. Using a flat metal spatula, stir the squash, scraping it up from the baking sheet and spreading it back into an even layer. Continue roasting until the squash is browned on one or two sides and fork tender, about 10 to 15 minutes more.
- Place the baking sheet on a wire rack; set aside. When the shallots and garlic are ready, remove the foil packet from the oven and carefully open it.
- Transfer the shallots and garlic to a blender and add the vinegar, honey, and measured salt and pepper. Cover and blend on high speed until smooth. With the motor running, remove the small cap from the blender lid, slowly add the remaining 1/4 cup of oil in a thin stream, and blend until smooth. Leave the vinaigrette in the blender.
- Add the roasted squash, cranberries, and walnuts to the bowl with the bread.
- Drizzle with the vinaigrette and toss until all of the ingredients are well coated.
- Let sit at room temperature until the flavors meld and the bread softens slightly, at least 10 minutes.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:49.13, Glycemic Load:16.93, Inflammation Score:-10, Nutrition Score:24.869130424831%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 398.26kcal (19.91%), Fat: 16.63g (25.58%), Saturated Fat: 2.1g (13.13%), Carbohydrates: 60.08g (20.03%), Net Carbohydrates: 53.21g (19.35%), Sugar: 17.15g (19.05%), Cholesterol: 0mg (0%), Sodium: 337.55mg (14.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.2g (16.4%), Vitamin A: 24111.57IU (482.23%), Vitamin C: 48.92mg (59.29%), Manganese: 1.08mg (54.12%), Vitamin B1: 0.54mg (35.86%), Vitamin E: 4.93mg (32.85%), Folate: 120.21µg (30.05%), Fiber: 6.87g (27.48%), Magnesium: 108.23mg (27.06%), Potassium: 934.66mg (26.7%), Vitamin B6: 0.49mg (24.69%), Vitamin B3: 4.74mg (23.69%), Iron: 3.63mg (20.19%), Copper: 0.4mg (19.86%), Selenium:

12.81µg (18.3%), Phosphorus: 158.01mg (15.8%), Calcium: 147.48mg (14.75%), Vitamin B2: 0.23mg (13.42%), Vitamin B5: 1.15mg (11.45%), Vitamin K: 9.51µg (9.06%), Zinc: 1.11mg (7.37%)