



 **71%**  
HEALTH SCORE

# Roasted Butternut Squash, Radicchio, and Onion

 **Gluten Free**  **Very Healthy**

READY IN



**60 min.**

SERVINGS



**6**

CALORIES



**356 kcal**

SIDE DISH

## Ingredients

- 2 pounds butternut squash peeled cut into chunks
- 1 large onion peeled cut into wedges through the root
- 1 head radicchio thinly cut into wedges through the root
- 6 servings olive oil extra virgin
- 6 servings salt and pepper black
- 0.5 cup pinenuts
- 0.3 cup parsley chopped

- 1 cup pecorino cheese grated to taste
- 1 tablespoon balsamic vinegar to taste

## Equipment

- bowl
- frying pan
- baking sheet
- oven

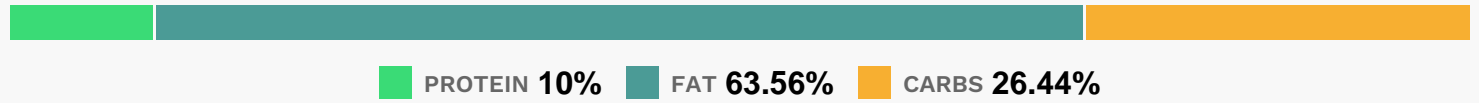
## Directions

- Roast the vegetables: Preheat the oven to 400°F. Toss the squash chunks, onion and radicchio wedges in olive oil and salt them well.
- Arrange in one layer on baking sheets (you may need two) and put in the oven.
- Roast the vegetables until their edges are nicely caramelized, turning the radicchio and onion wedges over about halfway through the roasting.
- The radicchio, onion, and squash will roast at different speeds. So periodically you'll have to remove the finished vegetables and let the others remain in the oven to finish roasting. As a guideline, roast the radicchio for about 25 minutes, turning halfway.
- Roast the onions about 35 minutes, again, turning halfway. Roast the squash pieces for 45 minutes, but do not turn.
- In all cases do not remove from the oven until you see browning on the edges.
- Toast the pine nuts: While the vegetables are roasting, toast the pine nuts.
- Heat a small pan on medium high heat.
- Add the pine nuts in a single layer. Cook until lightly toasted.
- Remove from heat to a bowl to keep the nuts from burning.
- Chop roasted radicchio and onions: Once all the vegetables are cool enough to handle, roughly chop the radicchio and onion into manageable pieces.
- Place the radicchio, onion, and butternut squash in a large serving bowl.
- Add the pine nuts and parsley.
- Add black pepper to taste.

Drizzle with balsamic vinegar. Stir gently to combine, taking care not to squish the softroasted squash.

To serve, sprinkle with some grated Parmesan or pecorino cheese.

## Nutrition Facts



### Properties

Glycemic Index:22.67, Glycemic Load:0.93, Inflammation Score:-10, Nutrition Score:26.823913089607%

### Flavonoids

Cyanidin: 59.26mg, Cyanidin: 59.26mg, Cyanidin: 59.26mg, Cyanidin: 59.26mg Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 17.77mg, Luteolin: 17.77mg, Luteolin: 17.77mg, Luteolin: 17.77mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 19.79mg, Quercetin: 19.79mg, Quercetin: 19.79mg, Quercetin: 19.79mg

### Nutrients (% of daily need)

Calories: 355.99kcal (17.8%), Fat: 26.5g (40.77%), Saturated Fat: 5.41g (33.81%), Carbohydrates: 24.79g (8.26%), Net Carbohydrates: 20.42g (7.43%), Sugar: 5.61g (6.24%), Cholesterol: 17.33mg (5.78%), Sodium: 413.62mg (17.98%), Alcohol: Og (100%), Protein: 9.38g (18.77%), Vitamin A: 16368.42IU (327.37%), Vitamin K: 176.62µg (168.21%), Manganese: 1.4mg (70.18%), Vitamin C: 40.75mg (49.39%), Vitamin E: 6.36mg (42.4%), Calcium: 270.75mg (27.08%), Phosphorus: 269.12mg (26.91%), Magnesium: 96.62mg (24.15%), Potassium: 808.16mg (23.09%), Copper: 0.44mg (21.79%), Folate: 82.36µg (20.59%), Fiber: 4.37g (17.47%), Vitamin B6: 0.32mg (15.82%), Vitamin B1: 0.22mg (14.63%), Iron: 2.38mg (13.23%), Vitamin B3: 2.5mg (12.51%), Zinc: 1.74mg (11.62%), Vitamin B5: 0.88mg (8.77%), Vitamin B2: 0.14mg (8.22%), Selenium: 3.8µg (5.43%), Vitamin B12: 0.19µg (3.11%)