



Roasted Butternut Squash Salad with Blue Cheese Vinaigrette

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



326 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 ounce baby spinach fresh (8 cups)
- ☐ 6 servings cheese vinaigrette blue
- ☐ 2 bacon crumbled cooked reduced-fat
- ☐ 1 teaspoon olive oil
- ☐ 0.3 cup pecans toasted chopped
- ☐ 1 small onion red sliced
- ☐ 0.5 cup cranberries dried sweetened

☐ 3 pounds roasted winter squash cubed

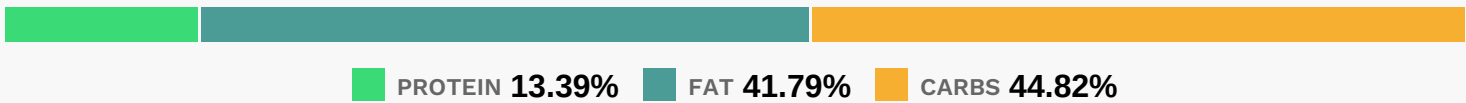
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Saut onion in hot oil in a large nonstick skillet over medium-high heat 5 minutes or until tender.
- ☐ Add squash, and cook 1 to 2 minutes or just until warm.
- ☐ Remove from heat.
- ☐ Toss spinach in a bowl with Blue Cheese Vinaigrette. Arrange baby spinach on a serving platter; top with squash mixture, cranberries, pecans, and bacon.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.73, Inflammation Score:-10, Nutrition Score:29.693913086601%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg

Nutrients (% of daily need)

Calories: 325.8kcal (16.29%), Fat: 16.23g (24.97%), Saturated Fat: 6.59g (41.21%), Carbohydrates: 39.16g (13.05%), Net Carbohydrates: 32.62g (11.86%), Sugar: 13.54g (15.04%), Cholesterol: 32.64mg (10.88%), Sodium: 273.72mg (11.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.7g (23.39%), Vitamin A: 27071.8IU (541.44%), Vitamin

K: 141.58µg (134.84%), Vitamin C: 57.03mg (69.13%), Manganese: 1.01mg (50.7%), Calcium: 358.3mg (35.83%), Folate: 127.23µg (31.81%), Potassium: 1047.19mg (29.92%), Vitamin E: 4.47mg (29.78%), Magnesium: 117.33mg (29.33%), Fiber: 6.53g (26.14%), Phosphorus: 257.84mg (25.78%), Vitamin B6: 0.48mg (23.85%), Vitamin B1: 0.32mg (21.24%), Vitamin B3: 3.36mg (16.82%), Selenium: 11.62µg (16.6%), Vitamin B2: 0.25mg (14.84%), Iron: 2.65mg (14.72%), Copper: 0.29mg (14.62%), Zinc: 1.96mg (13.09%), Vitamin B5: 1.17mg (11.71%), Vitamin B12: 0.35µg (5.78%), Vitamin D: 0.19µg (1.27%)