



 **85%**
HEALTH SCORE

Roasted Butternut Squash Salad With Tangerine-Rosemary Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



281 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 pounds butternut squash peeled seeded cut into 1-inch cubes (4 cups)
- 0.3 cup cranberries dried
- 3 teaspoons rosemary fresh roughly chopped
- 4 tablespoons olive oil extra-virgin
- 4 servings salt and pepper freshly ground
- 6 cups pkt spinach fresh loosely packed
- 4 tangerines

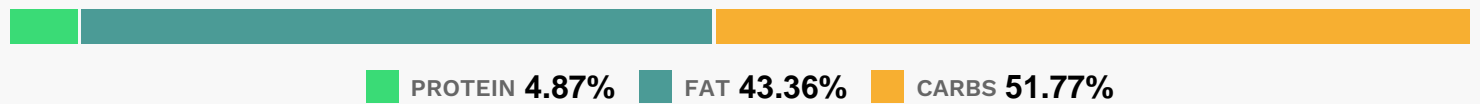
Equipment

- baking sheet
- oven
- whisk

Directions

- Preheat the oven to 400 degrees F.
- Toss the squash with 2 tablespoons olive oil on a baking sheet and spread in an even layer. Season with 2 teaspoons rosemary, and salt and pepper. Roast, stirring once halfway through, until the squash is just tender and golden, about 20 minutes.
- Remove from the oven and cool until just warm, about 15 minutes.
- While the squash is roasting, peel 3 tangerines and slice them crosswise into 1/2-inch-thick rounds, removing any seeds. Juice the remaining tangerine and whisk the juice together with the remaining 2 tablespoons olive oil and remaining 1 teaspoon rosemary. Season the dressing with salt and pepper.
- Combine the warm squash, the spinach, tangerine slices and cranberries with the dressing and toss gently to coat. Divide among salad plates.
- Photograph by Kana Okada

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:4.46, Inflammation Score:-10, Nutrition Score:26.516086764958%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Hesperetin: 6.99mg, Hesperetin: 6.99mg, Hesperetin: 6.99mg, Hesperetin: 6.99mg Naringenin: 8.84mg, Naringenin: 8.84mg, Naringenin: 8.84mg, Naringenin: 8.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 2.13mg, Quercetin: 2.13mg

Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 280.73kcal (14.04%), Fat: 14.71g (22.62%), Saturated Fat: 2.04g (12.74%), Carbohydrates: 39.51g (13.17%), Net Carbohydrates: 33.12g (12.04%), Sugar: 18.76g (20.84%), Cholesterol: 0mg (0%), Sodium: 238.58mg (10.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.43%), Vitamin A: 22902.45IU (458.05%), Vitamin K: 228.22µg (217.36%), Vitamin C: 71.89mg (87.14%), Manganese: 0.8mg (40.14%), Vitamin E: 5.71mg (38.09%), Folate: 147.39µg (36.85%), Potassium: 1000.32mg (28.58%), Magnesium: 104.32mg (26.08%), Fiber: 6.39g (25.55%), Vitamin B6: 0.42mg (21.07%), Vitamin B1: 0.26mg (17.15%), Calcium: 159.94mg (15.99%), Iron: 2.66mg (14.76%), Vitamin B3: 2.74mg (13.7%), Copper: 0.22mg (11.15%), Phosphorus: 96.44mg (9.64%), Vitamin B5: 0.92mg (9.17%), Vitamin B2: 0.15mg (9%), Zinc: 0.56mg (3.76%), Selenium: 1.43µg (2.05%)