



## Roasted Butternut Squash Salad with Warm Cider Vinaigrette

 Gluten Free

READY IN



43 min.

SERVINGS



4

CALORIES



452 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.8 cup apple juice
- 4 ounces baby arugula dry washed and spun
- 1.5 pound butternut squash diced peeled
- 2 tablespoons cider vinegar
- 2 teaspoons dijon mustard
- 3 tablespoons cranberries dried
- 4 servings kosher salt and pepper black freshly ground

- 1 tablespoon maple syrup pure
- 4 servings olive oil good
- 0.8 cup parmesan freshly grated
- 2 tablespoons shallots minced
- 0.5 cup walnuts halves toasted

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk

## Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F.
- Place the butternut squash on a sheet pan.
- Add 2 tablespoons olive oil, the maple syrup, 1 teaspoon salt and 1/2 teaspoon pepper and toss. Roast the squash for 15 to 20 minutes, turning once, until tender.
- Add the cranberries to the pan for the last 5 minutes.
- While the squash is roasting, combine the apple cider, vinegar, and shallots in a small saucepan and bring to a boil over medium-high heat. Cook for 6 to 8 minutes, until the cider is reduced to about 1/4 cup. Off the heat, whisk in the mustard, 1/2 cup olive oil, 1 teaspoon salt, and 1/2 teaspoon of pepper.
- Place the arugula in a large salad bowl and add the roasted squash mixture, the walnuts, and the grated Parmesan. Spoon just enough vinaigrette over the salad to moisten and toss well.
- Sprinkle with salt and pepper and serve immediately.

## Nutrition Facts



PROTEIN 9.78% FAT 54.73% CARBS 35.49%

## Properties

Glycemic Index:72.56, Glycemic Load:4.04, Inflammation Score:-10, Nutrition Score:25.050869563352%

## Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 9.89mg, Kaempferol: 9.89mg, Kaempferol: 9.89mg, Kaempferol: 9.89mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

## Nutrients (% of daily need)

Calories: 451.99kcal (22.6%), Fat: 29.01g (44.63%), Saturated Fat: 5.99g (37.46%), Carbohydrates: 42.32g (14.11%), Net Carbohydrates: 36.5g (13.27%), Sugar: 20.74g (23.04%), Cholesterol: 12.75mg (4.25%), Sodium: 346.68mg (15.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.66g (23.33%), Vitamin A: 18906.39IU (378.13%), Manganese: 1.17mg (58.58%), Vitamin C: 40.99mg (49.69%), Vitamin K: 43.01µg (40.96%), Calcium: 377.87mg (37.79%), Vitamin E: 4.98mg (33.22%), Magnesium: 109.02mg (27.26%), Phosphorus: 262.06mg (26.21%), Potassium: 873.95mg (24.97%), Fiber: 5.81g (23.25%), Folate: 90.96µg (22.74%), Vitamin B6: 0.41mg (20.49%), Copper: 0.4mg (20.16%), Vitamin B1: 0.26mg (17.44%), Iron: 2.49mg (13.83%), Vitamin B2: 0.22mg (12.92%), Vitamin B3: 2.47mg (12.33%), Vitamin B5: 1.04mg (10.42%), Selenium: 6.91µg (9.86%), Zinc: 1.45mg (9.67%), Vitamin B12: 0.22µg (3.75%)