



HEALTH SCORE

94%

Roasted Butternut Squash with Beet Greens, Goat Cheese, Toasted Walnuts and Mint



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



281 kcal

SIDE DISH

Ingredients



3 cups bunchs of kale



4 butternut squash



0.3 cup mint leaves fresh roughly chopped



1 cup goat cheese crumbled



2 tablespoons olive oil



10 servings salt and pepper black freshly ground



0.8 cup walnuts

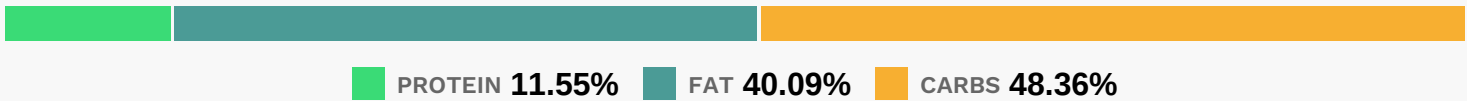
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 425 degrees F.
- ☐ Peel and cut butternut squash into 1/2-inch cubes.
- ☐ Place on 2 sheet trays, drizzle with olive oil and 1 teaspoon salt and distribute evenly.
- ☐ Place in oven and bake until softened and golden.
- ☐ Wash beet greens and de-stem and chiffonade greens. Toast walnuts in a medium skillet over medium heat.
- ☐ Remove squash from the oven and toss in beet greens, mint and goat cheese. Top with toasted walnuts. Adjust seasonings with salt and pepper, to taste, and serve warm.

Nutrition Facts



Properties

Glycemic Index:5.2, Glycemic Load:0.14, Inflammation Score:-10, Nutrition Score:27.200869534327%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg

Nutrients (% of daily need)

Calories: 280.61kcal (14.03%), Fat: 13.64g (20.98%), Saturated Fat: 4.3g (26.89%), Carbohydrates: 37g (12.33%), Net Carbohydrates: 29.87g (10.86%), Sugar: 7.09g (7.88%), Cholesterol: 10.44mg (3.48%), Sodium: 121.9mg (5.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.84g (17.68%), Vitamin A: 32895.75IU (657.91%), Vitamin C: 66.89mg (81.08%), Manganese: 1mg (49.94%), Vitamin K: 51.39µg (48.95%), Potassium: 1195.23mg (34.15%), Vitamin E: 5mg (33.32%), Magnesium: 128.55mg (32.14%), Vitamin B6: 0.58mg (28.98%), Fiber: 7.13g (28.5%), Copper: 0.55mg (27.42%), Vitamin B1: 0.36mg (23.88%), Folate: 95.33µg (23.83%), Calcium: 200.92mg (20.09%),

Phosphorus: 193.13mg (19.31%), Vitamin B3: 3.86mg (19.31%), Iron: 3.16mg (17.57%), Vitamin B5: 1.44mg (14.38%),
Vitamin B2: 0.19mg (11.04%), Zinc: 0.99mg (6.58%), Selenium: 2.67µg (3.82%)