



Roasted Butternut Squash with Cilantro Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



243 kcal

SIDE DISH

Ingredients

- 8 pounds butternut squash—peeled seeded cut into 3/4-inch pieces
- 0.3 cup cilantro leaves finely chopped
- 0.3 teaspoon cinnamon
- 6 large garlic cloves minced
- 1.5 teaspoons ground cumin
- 2 teaspoons juice of lime fresh
- 0.3 cup milk
- 0.5 teaspoon paprika hot

- 2 large onions diced red finely
- 12 servings salt and pepper freshly ground
- 4 large scallions coarsely chopped
- 0.5 cup cup heavy whipping cream sour
- 0.5 cup pumpkin seeds unsalted
- 0.3 cup vegetable oil
- 0.8 cup tomatoes diced whole canned drained finely

Equipment

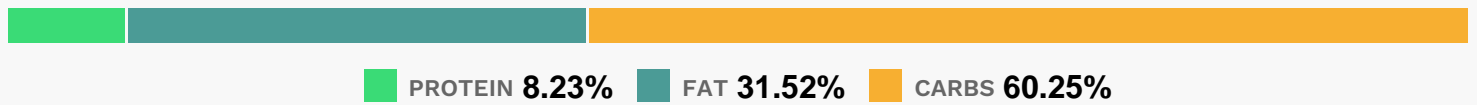
- bowl
- frying pan
- baking sheet
- oven

Directions

- Preheat the oven to 42
- Spread the pumpkin seeds in a pie plate and toast in the oven for 3 to 4 minutes, or until lightly browned.
- Transfer to a plate and let cool. Leave the oven on.
- Spread the squash on 3 large rimmed baking sheets.
- Drizzle 1 tablespoon of olive oil over the squash on each sheet, season with salt and pepper, toss to coat and bake the squash for 40 minutes, or until just tender and lightly browned; rotate the baking sheets for even browning.
- Meanwhile, in a large skillet, heat the remaining 3 tablespoons of olive oil.
- Add the garlic and onions and cook over moderately high heat until sizzling, about 3 minutes. Season with salt and pepper, reduce the heat to moderate and cook, stirring occasionally, until the onions are very soft, about 15 minutes.
- Add the scallions and cook, stirring occasionally, until browned, about 12 minutes.
- Add the cumin, paprika and cinnamon and cook, stirring, until fragrant, about 4 minutes.

- Add the tomatoes and their juices and simmer for 1 minute. Season with salt. Spoon the sauce over the squash and toss gently.
- In a small bowl, blend the sour cream with the milk, cilantro and lime juice and season with salt and pepper.
- Drizzle the cilantro cream over the roasted squash, sprinkle with the pumpkin seeds and serve.
- Make Ahead: The squash and cilantro cream can be refrigerated separately overnight. The toasted pumpkin seeds can be stored in an airtight container. Bring the squash to room temperature and transfer to 2 oiled baking dishes. Reheat in a 350 oven.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:0.74, Inflammation Score:-10, Nutrition Score:25.478260815144%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg

Nutrients (% of daily need)

Calories: 242.82kcal (12.14%), Fat: 9.41g (14.47%), Saturated Fat: 2.26g (14.12%), Carbohydrates: 40.45g (13.48%), Net Carbohydrates: 33.28g (12.1%), Sugar: 8.66g (9.63%), Cholesterol: 6.26mg (2.09%), Sodium: 236.1mg (10.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.52g (11.05%), Vitamin A: 32381.3IU (647.63%), Vitamin C: 68.83mg (83.42%), Manganese: 0.93mg (46.27%), Potassium: 1216.06mg (34.74%), Magnesium: 138.2mg (34.55%), Vitamin E: 4.99mg (33.26%), Vitamin K: 30.97µg (29.5%), Fiber: 7.17g (28.67%), Vitamin B6: 0.54mg (27.19%), Folate: 95.44µg (23.86%), Vitamin B1: 0.34mg (22.38%), Vitamin B3: 4.07mg (20.34%), Phosphorus: 185.09mg (18.51%), Calcium: 184.62mg (18.46%), Iron: 3.05mg (16.94%), Copper: 0.32mg (15.77%), Vitamin B5: 1.35mg (13.49%), Vitamin B2: 0.12mg (6.77%), Zinc: 1mg (6.69%), Selenium: 2.82µg (4.03%)