



 **100%**
HEALTH SCORE

Roasted Butternut Squash with Garlic, Sage and Pine Nuts

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Popular

READY IN



60 min.

SERVINGS



6

CALORIES



199 kcal

SIDE DISH

Ingredients

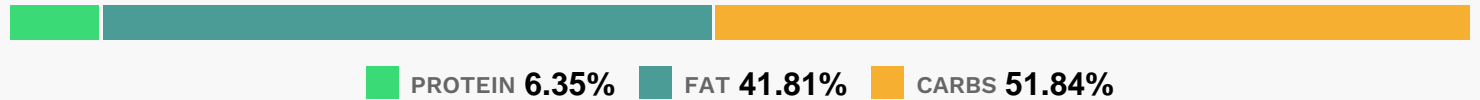
- 0.5 tsp pepper black freshly ground
- 3 lbs butternut squash peeled seeded cut into 3/4-inch cubes - [click here to learn how](#)
- 2 tbsp sage fresh finely chopped
- 2 large garlic clove minced
- 1 tsp kosher salt
- 2 tbsp olive oil divided
- 0.3 cup pinenuts

Equipment

Directions

- Save Recipe
- Print Recipe
- Roasted Butternut Squash with Garlic, Sage and Pine Nuts
- Ingredients3 lbs butternut squash, peeled, seeded and cut into 3/4-inch cubes – click here to learn how2 tbsp olive oil, divided1 tsp kosher salt1/2 tsp freshly ground black pepper2 large garlic cloves, minced2 tbsp finely chopped fresh sage1/3 cup pine nuts
- Total Time: 45 - 1 Hour
- Servings: 6
- Kosher Key: Pareve, Kosher for Passover

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.11, Inflammation Score:-10, Nutrition Score:24.402608607126%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 198.6kcal (9.93%), Fat: 10.13g (15.59%), Saturated Fat: 1.12g (6.99%), Carbohydrates: 28.27g (9.42%), Net Carbohydrates: 23.25g (8.46%), Sugar: 5.27g (5.86%), Cholesterol: 0mg (0%), Sodium: 397.2mg (17.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.92%), Vitamin A: 24111.61IU (482.23%), Copper: 6.33mg (316.38%), Manganese: 1.36mg (67.81%), Vitamin C: 48mg (58.18%), Vitamin E: 4.64mg (30.93%), Magnesium: 99.88mg (24.97%), Potassium: 857.97mg (24.51%), Fiber: 5.02g (20.08%), Vitamin B6: 0.37mg (18.46%), Vitamin B1: 0.26mg (17.48%), Folate: 63.84µg (15.96%), Vitamin B3: 3.06mg (15.3%), Iron: 2.29mg (12.71%), Calcium: 126mg (12.6%), Phosphorus: 120.5mg (12.05%), Vitamin B5: 0.94mg (9.39%), Vitamin K: 9.64µg (9.18%), Zinc: 0.88mg (5.84%), Vitamin B2: 0.07mg (3.9%), Selenium: 1.34µg (1.91%)