



Roasted Butternut Squash with Lime Juice



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



215 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter melted ()
- ☐ 3.5 pound butternut squash peeled
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 4 teaspoons lime juice plus 1 lime fresh for garnish cut into wedges
- ☐ 3 tablespoons olive oil

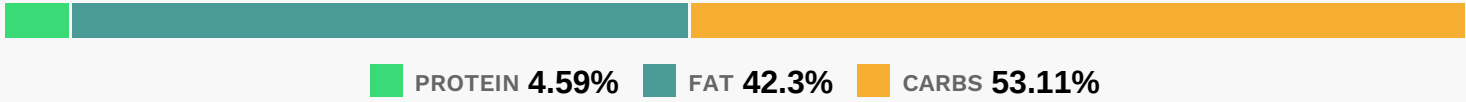
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400°F. Divide squash between 2 rimmed baking sheets, arranging in single layer; toss with oil, butter, and lime juice.
- ☐ Sprinkle with salt and pepper. Roast 20 minutes. Turn squash over; roast until soft and golden brown, about 20 minutes longer.
- ☐ Cut into wedges. DO AHEAD: Can be made 4 hours ahead.
- ☐ Let stand at room temperature. Rewarm in 400°F oven until hot, about 10 minutes.
- ☐ Season squash to taste with salt and pepper; sprinkle with rosemary.
- ☐ Serve warm with lime wedges.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:19.069130425868%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 215.29kcal (10.76%), Fat: 11.05g (17.01%), Saturated Fat: 3.42g (21.38%), Carbohydrates: 31.22g (10.41%), Net Carbohydrates: 25.91g (9.42%), Sugar: 5.88g (6.53%), Cholesterol: 10.03mg (3.34%), Sodium: 40.81mg (1.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.4%), Vitamin A: 28245.77IU (564.92%), Vitamin C: 56.57mg (68.57%), Vitamin E: 4.93mg (32.89%), Manganese: 0.54mg (26.77%), Potassium: 936.69mg (26.76%), Magnesium: 90.35mg (22.59%), Fiber: 5.31g (21.24%), Vitamin B6: 0.41mg (20.45%), Folate: 71.95µg (17.99%), Vitamin B1: 0.27mg (17.71%), Vitamin B3: 3.18mg (15.91%), Calcium: 128.77mg (12.88%), Vitamin B5: 1.07mg (10.68%), Iron: 1.9mg (10.54%), Copper: 0.19mg (9.58%), Phosphorus: 88.93mg (8.89%), Vitamin K: 7.47µg (7.12%), Vitamin B2: 0.06mg (3.24%), Zinc: 0.4mg (2.69%), Selenium: 1.37µg (1.96%)