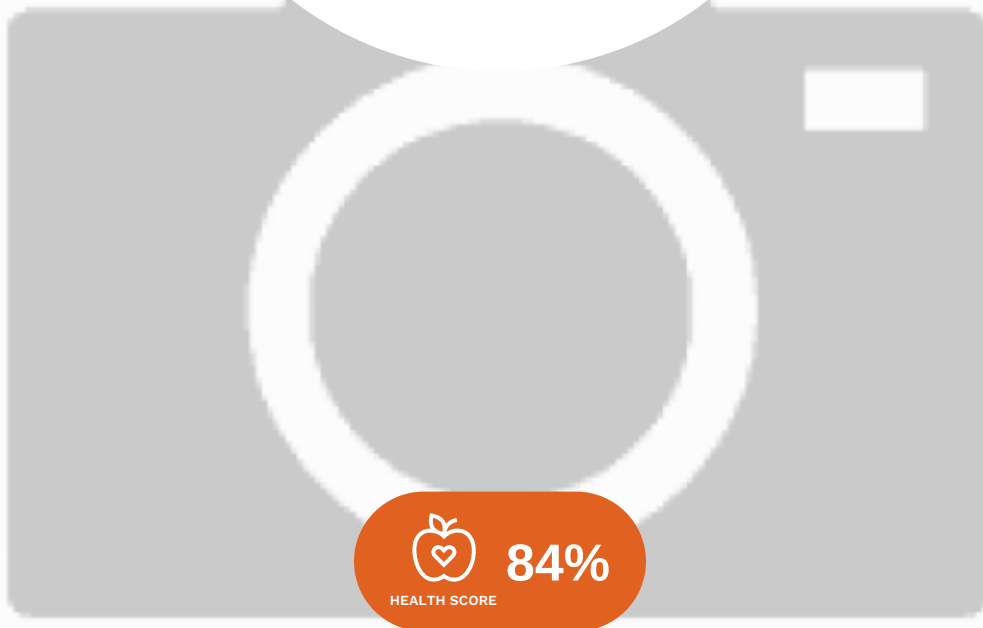




Roasted Butternut Squash with Onions, Spinach, and Craisins®



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



6

CALORIES



174 kcal

SIDE DISH

Ingredients

- ☐ 1 butternut squash
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup pecans chopped
- ☐ 1 cup onion red chopped
- ☐ 3 ounces pkt spinach fresh
- ☐ 0.3 cup cranberries dried sweetened craisins® such as

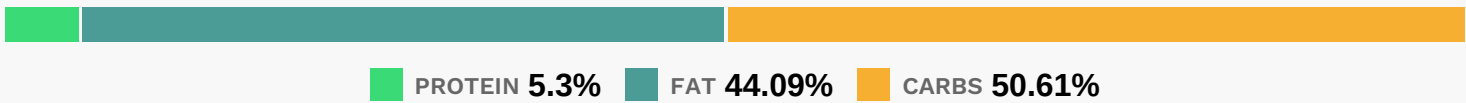
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C). Lightly grease a baking sheet.
- ☐ Slice butternut squash cross-wise into 1-inch slices; peel and clean each slice, removing and discarding seeds and stringy pulp from the center.
- ☐ Cut cleaned slices into 1-inch cubes.
- ☐ Toss squash cubes, onion, and olive oil together in a bowl until coated; transfer to the prepared baking sheet.
- ☐ Roast in the preheated oven until squash is tender and starting to brown, 25 to 30 minutes.
- ☐ Toss squash mixture, spinach, dried cranberries, and pecans together in a serving bowl and serve warm.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.64, Inflammation Score:-10, Nutrition Score:18.053478412006%

Flavonoids

Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg

Nutrients (% of daily need)

Calories: 174.01kcal (8.7%), Fat: 9.31g (14.32%), Saturated Fat: 1.07g (6.69%), Carbohydrates: 24.04g (8.01%), Net Carbohydrates: 19.83g (7.21%), Sugar: 9.07g (10.08%), Cholesterol: 0mg (0%), Sodium: 17.69mg (0.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.03%), Vitamin A: 14620.59IU (292.41%), Vitamin K: 73.48µg (69.98%), Vitamin C: 32.29mg (39.14%), Manganese: 0.7mg (35.22%), Vitamin E: 2.99mg (19.94%), Folate: 67.65µg (16.91%), Fiber: 4.2g (16.81%), Potassium: 586.2mg (16.75%), Magnesium: 63.96mg (15.99%), Vitamin B6: 0.27mg (13.37%), Vitamin B1: 0.19mg (12.61%), Copper: 0.2mg (9.79%), Vitamin B3: 1.74mg (8.71%), Calcium: 85.06mg (8.51%), Iron: 1.52mg (8.45%), Phosphorus: 73.24mg (7.32%), Vitamin B5: 0.61mg (6.09%), Vitamin B2: 0.07mg (4.04%), Zinc: 0.59mg (3.93%), Selenium: 1.17µg (1.67%)