



Roasted Butternut Squash with Pine Nuts and Parmesan

 **Gluten Free**

READY IN



55 min.

SERVINGS



4

CALORIES



266 kcal

SIDE DISH

Ingredients

- 4 Tablespoons butter
- 1 butternut squash whole (a Small Squash Serves Two To Four)
- 0.3 cup parmesan freshly grated to taste (more)
- 3 Tablespoons pinenuts
- 4 servings the salad
- 4 servings salt and pepper to taste

Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- microwave

Directions

- Preheat the oven to 375 degrees. Use a knife to lop off the top and bottom off the squash. Slice the skin off the sides, then cut the squash in half lengthwise and remove the seeds.
- Cut the squash into large pieces, cut the pieces into slices, cut the slices into matchsticks, then cut the matchsticks into a dice.
- Place in a bowl and set aside. Melt the butter in a small pan, or in a bowl in the microwave. Use a spoon to skim off the solids so most of them are gone. (Note: It's easier if you go ahead and melt the whole stick, then reserve the rest for another use.)
- Drizzle 4 tablespoons of the skimmed butter into the bowl with the squash.
- Add salt and pepper and toss to combine.
- Pour the squash onto a baking sheet and spread them into a single layer.
- Bake for 20-25 minutes, then crank up the heat to 400 and continue roasting for 15 minutes or so, until the squash is sizzling and golden brown around the edges.
- Remove the pan from the oven and set aside. Grate the Parmesan and sprinkle it over the squash. Toss it quickly so that the cheese won't melt (it should only soften), then transfer the mixture to a plate. Toast the pine nuts in a skillet over medium-high heat, stirring frequently.
- Add those to the plate with the squash and toss to combine.
- Add more Parmesan if you'd like, then serve the squash in small dishes or over a salad tossed in vinaigrette.

Nutrition Facts



PROTEIN 8.07% FAT 57.74% CARBS 34.19%

Properties

Glycemic Index:19.25, Glycemic Load:0.06, Inflammation Score:-10, Nutrition Score:19.803478275304%

Nutrients (% of daily need)

Calories: 266.13kcal (13.31%), Fat: 18.31g (28.18%), Saturated Fat: 8.63g (53.95%), Carbohydrates: 24.4g (8.13%), Net Carbohydrates: 20.37g (7.41%), Sugar: 4.45g (4.95%), Cholesterol: 34.35mg (11.45%), Sodium: 401.98mg (17.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.76g (11.51%), Vitamin A: 20786.5IU (415.73%), Vitamin C: 48.72mg (59.05%), Manganese: 1.1mg (54.97%), Vitamin E: 3.74mg (24.92%), Magnesium: 90.01mg (22.5%), Potassium: 782.72mg (22.36%), Calcium: 173.88mg (17.39%), Folate: 68.83µg (17.21%), Phosphorus: 167.34mg (16.73%), Vitamin B6: 0.33mg (16.7%), Fiber: 4.03g (16.11%), Vitamin B1: 0.23mg (15.33%), Vitamin B3: 2.82mg (14.11%), Copper: 0.26mg (12.81%), Iron: 2.04mg (11.31%), Vitamin B5: 0.87mg (8.65%), Zinc: 1.03mg (6.89%), Vitamin K: 7.19µg (6.85%), Vitamin B2: 0.1mg (5.88%), Selenium: 2.7µg (3.85%), Vitamin B12: 0.1µg (1.65%)