



HEALTH SCORE

100%

Roasted Butternut Squash with Spicy Onions



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



311 kcal

SIDE DISH

Ingredients

- 4 pounds butternut squash thick peeled seeded sliced
- 0.5 cup parsley fresh chopped
- 2 tablespoons marjoram fresh chopped
- 0.5 cup mint leaves fresh chopped
- 4 ounces goat cheese fresh crumbled
- 1 cup hazelnuts
- 2 teaspoons honey
- 8 servings pepper freshly ground

- 0.3 cup juice of lime fresh
- 1 teaspoon lime zest finely grated
- 0.3 cup olive oil
- 1 medium onion red sliced
- 1 teaspoon pepper red crushed

Equipment

- bowl
- baking sheet
- oven

Directions

- Heat oil in a large skillet over medium-high heat. Cook onion, stirring often, until lightly charred and softened but not falling apart, 5–7 minutes.
- Add red pepper flakes and toss to combine.
- Remove pan from heat and mix in lime juice and honey.
- Let cool, then mix in lime zest.
- DO AHEAD: Spicy onions can be made 3 days ahead. Cover and chill.
- Preheat oven to 350°F. Toast hazelnuts on a small rimmed baking sheet, stirring occasionally, until golden brown, 6–8 minutes.
- Let cool; coarsely chop.
- Increase oven temperature to 400°F. Toss squash and 1/4 cup oil in a medium bowl; season with salt and pepper. Divide between 2 rimmed baking sheets; reserve bowl. Roast, undisturbed, until tender, 15–20 minutes.
- Return squash to bowl; add hazelnuts, parsley, mint, marjoram, and spicy onions, and toss to combine.
- Transfer squash mixture to a large serving platter, crumble goat cheese over, and drizzle with remaining 2 tablespoons oil.

Nutrition Facts



■ PROTEIN 9.05% ■ FAT 51.38% ■ CARBS 39.57%

Properties

Glycemic Index:27.78, Glycemic Load:1.25, Inflammation Score:-10, Nutrition Score:27.946956740773%

Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg Hesperetin: 1.07mg, Hesperetin: 1.07mg, Hesperetin: 1.07mg, Hesperetin: 1.07mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 9.32mg, Apigenin: 9.32mg, Apigenin: 9.32mg, Apigenin: 9.32mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 310.59kcal (15.53%), Fat: 19.2g (29.54%), Saturated Fat: 3.74g (23.38%), Carbohydrates: 33.28g (11.09%), Net Carbohydrates: 26.54g (9.65%), Sugar: 7.97g (8.86%), Cholesterol: 6.52mg (2.17%), Sodium: 69.52mg (3.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.61g (15.22%), Vitamin A: 24814.21IU (496.28%), Vitamin K: 79.17µg (75.4%), Manganese: 1.48mg (73.8%), Vitamin C: 58.49mg (70.9%), Vitamin E: 6.66mg (44.41%), Potassium: 979.92mg (28%), Magnesium: 110.78mg (27.69%), Copper: 0.55mg (27.63%), Fiber: 6.74g (26.97%), Vitamin B6: 0.5mg (25.1%), Folate: 93.06µg (23.27%), Vitamin B1: 0.35mg (23.21%), Iron: 3.1mg (17.24%), Phosphorus: 165.22mg (16.52%), Calcium: 164.25mg (16.43%), Vitamin B3: 3.22mg (16.08%), Vitamin B5: 1.2mg (11.99%), Vitamin B2: 0.14mg (7.99%), Zinc: 0.96mg (6.4%), Selenium: 2.04µg (2.92%)