



Roasted Delicata Squash with Honey, Pomegranate Seeds, and Pepitas



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



10

CALORIES



158 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons cayenne
- ☐ 1.5 teaspoons sea salt
- ☐ 4 delicata squash ends trimmed halved lengthwise seeded
- ☐ 3 tablespoons local honey
- ☐ 0.5 cup pomegranate seeds
- ☐ 0.5 cup pumpkin seeds raw (pepitas)
- ☐ 0.5 teaspoon salt

- ☐ 4 tablespoons butter unsalted melted
- ☐ 3 teaspoons vegetable oil divided

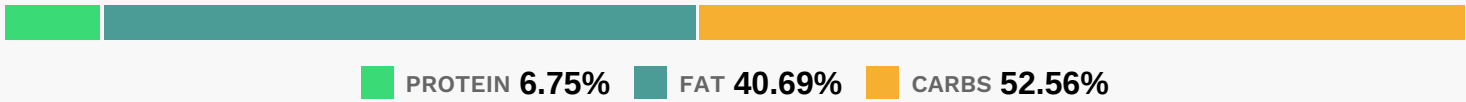
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Rub squash with 2 tsp. oil and set on a baking sheet. Roast squash, turning once, until tender when pierced with a fork, about 20 minutes.
- ☐ Meanwhile, spread pumpkin seeds on a rimmed baking sheet.
- ☐ Drizzle with remaining 1 tsp. oil and the table salt, stirring to coat.
- ☐ Bake until toasted, about 5 minutes.
- ☐ Put squash on a serving plate.
- ☐ Drizzle with honey, then sprinkle with pomegranate seeds, toasted pumpkin seeds, and sea salt.
- ☐ Mix butter and cayenne and serve on the side for guests to drizzle over squash.
- ☐ Make ahead: Up to 2 days ahead through step Rewarm squash in oven 5 minutes, then continue with recipe.

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:3.56, Inflammation Score:-9, Nutrition Score:10.853478160889%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 158.49kcal (7.92%), Fat: 7.85g (12.07%), Saturated Fat: 3.43g (21.43%), Carbohydrates: 22.81g (7.6%), Net Carbohydrates: 19.47g (7.08%), Sugar: 10.36g (11.51%), Cholesterol: 12.04mg (4.01%), Sodium: 473.77mg (20.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.86%), Vitamin A: 2742.29IU (54.85%), Vitamin C: 23.45mg (28.42%), Manganese: 0.46mg (23.15%), Potassium: 690.2mg (19.72%), Vitamin B6: 0.3mg (15.12%), Fiber: 3.33g (13.33%), Folate: 49.07µg (12.27%), Magnesium: 46mg (11.5%), Copper: 0.19mg (9.46%), Phosphorus: 86.56mg (8.66%), Iron: 1.41mg (7.85%), Vitamin B2: 0.13mg (7.57%), Vitamin K: 6.69µg (6.37%), Vitamin B3: 1.13mg (5.63%), Calcium: 55.48mg (5.55%), Vitamin B1: 0.07mg (4.66%), Zinc: 0.69mg (4.58%), Vitamin E: 0.67mg (4.44%), Vitamin B5: 0.41mg (4.06%), Selenium: 1.2µg (1.72%)