



Roasted Delicata with Cranberries and Pumpkinseeds

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



152 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black divided freshly ground
- 2 teaspoons butter
- 4 teaspoons canola oil divided
- 2 tablespoons pumpkinseed kernels toasted
- 24 ounce delicata squashes
- 0.5 teaspoon kosher salt divided
- 1 teaspoon juice of lemon fresh

- 3 tablespoons cranberries dried sweetened
- 4 thyme sprigs

Equipment

- bowl
- frying pan
- oven
- baking pan
- broiler
- microwave

Directions

- Preheat oven to 425
- Cut each squash in half lengthwise; scoop out and discard seeds and membranes.
- Brush flesh with 2 teaspoons oil; sprinkle evenly with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- Place squash halves, cut sides down, in a 13 x 9-inch glass or ceramic baking dish coated with cooking spray.
- Bake at 425 for 15 minutes. Turn over (cut sides up); place 1 thyme sprig in each.
- Bake an additional 17 minutes or until tender.
- Sprinkle with remaining 1/4 teaspoon salt and 1/8 teaspoon pepper.
- Preheat broiler to high.
- Broil squash 2 minutes or until lightly browned.
- Place cranberries in a small bowl; cover with water. Microwave at HIGH 45 seconds; drain.
- Melt butter in a small skillet over medium heat; cook 3 minutes or until browned. Stir in remaining 2 teaspoons oil and lemon juice.
- Drizzle the butter mixture over squash. Divide cranberries and pumpkinseeds among squash halves.

Nutrition Facts



■ PROTEIN 4.53% ■ FAT 34.84% ■ CARBS 60.63%

Properties

Glycemic Index:31.75, Glycemic Load:0.06, Inflammation Score:-9, Nutrition Score:9.5165217211065%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 152.32kcal (7.62%), Fat: 6.49g (9.98%), Saturated Fat: 1.66g (10.38%), Carbohydrates: 25.4g (8.47%), Net Carbohydrates: 21.92g (7.97%), Sugar: 12.27g (13.64%), Cholesterol: 5.38mg (1.79%), Sodium: 329.41mg (14.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.8%), Vitamin A: 2439.3IU (48.79%), Vitamin C: 23.15mg (28.06%), Potassium: 620.31mg (17.72%), Manganese: 0.35mg (17.48%), Fiber: 3.47g (13.88%), Vitamin B6: 0.28mg (13.84%), Folate: 44.36µg (11.09%), Vitamin E: 1.21mg (8.05%), Vitamin B2: 0.12mg (7.13%), Copper: 0.14mg (6.9%), Iron: 1.24mg (6.89%), Magnesium: 27.17mg (6.79%), Vitamin K: 5.96µg (5.67%), Calcium: 54.32mg (5.43%), Vitamin B3: 1.01mg (5.04%), Phosphorus: 45.38mg (4.54%), Vitamin B5: 0.38mg (3.81%), Vitamin B1: 0.06mg (3.75%), Zinc: 0.42mg (2.77%), Selenium: 0.83µg (1.18%)