



Roasted Kabocha Squash Bowl with Autumn Vegetables

 Gluten Free

READY IN



60 min.

SERVINGS



10

CALORIES



214 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 7 tablespoons butter
- ☐ 0.3 teaspoon cayenne
- ☐ 2 tablespoons cream sherry sweet (sake or cooking rice wine)
- ☐ 3 cloves garlic minced peeled
- ☐ 1 pound green beans
- ☐ 0.3 teaspoon ground cumin
- ☐ 4.5 lb kabocha squash

- ☐ 3 tablespoons olive oil
- ☐ 12 oz onions
- ☐ 0.5 bell pepper red (4 oz. total)
- ☐ 10 servings salt and pepper
- ☐ 2 tablespoons soya sauce
- ☐ 1 tablespoon worcestershire

Equipment

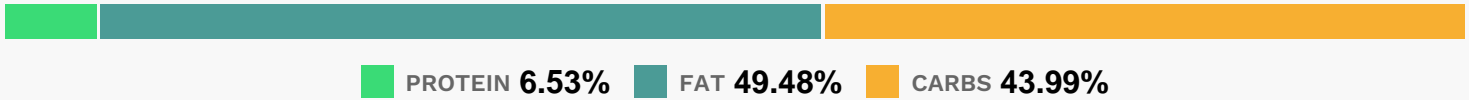
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Rinse squash and pat dry.
- ☐ Cut around stem to make a 4-inch lid.
- ☐ Remove lid and scrape out and discard seeds.
- ☐ Brush interior of squash and inside of lid with 1 tablespoon olive oil.
- ☐ Sprinkle lightly with salt and pepper. Set lid on squash and place in a 10- by 15-inch baking pan.
- ☐ Bake for 10 minutes.
- ☐ Meanwhile, peel onions and cut lengthwise into 3/4-inch-wide wedges.
- ☐ Brush onions with remaining 2 tablespoons olive oil and sprinkle lightly with salt and pepper. Arrange onions around squash and return to oven.
- ☐ Bake until squash and onions are tender when pierced, 25 to 30 minutes for onions and 35 to 40 minutes for squash; remove when done.
- ☐ Meanwhile, rinse green beans and trim off ends; cut into about 3-inch lengths. Rinse, stem, and seed bell pepper half; cut into 1/4-inch-wide strips about 2 inches long.

- ☐ Put butter in a 1- to 2-quart pan over medium-low heat; when it begins to melt, add garlic and stir occasionally until butter is melted, about 1 minute.
- ☐ Whisk in mirin, soy sauce, Worcestershire, cumin, and cayenne. Cook, whisking often, to blend flavors, 1 to 2 minutes.
- ☐ Pour into a bowl or small pitcher.
- ☐ Shortly before serving, in a 4- to 5-quart pan over high heat, bring about 2 quarts water to a boil.
- ☐ Add beans and red pepper; cook just until crisp-tender to bite, 4 to 5 minutes.
- ☐ Drain well and season to taste with salt and pepper.
- ☐ Transfer squash bowl to a serving bowl or platter.
- ☐ Cut it--down to but not through the base--into 10 wedges for a flower-like presentation; for a bowl shape, cut the squash three-quarters of the way to the bottom. Mound green bean-red pepper mixture and roasted onions in the center.
- ☐ Drizzle 1/4 cup of the mirin-soy mixture over the vegetables. Reserve the squash lid for another use or for a decorative top for the bowl. Offer remaining sauce to add to taste.

Nutrition Facts



Properties

Glycemic Index:25.2, Glycemic Load:1.8, Inflammation Score:-10, Nutrition Score:15.646956776795%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg

Nutrients (% of daily need)

Calories: 213.63kcal (10.68%), Fat: 12.59g (19.37%), Saturated Fat: 5.72g (35.72%), Carbohydrates: 25.19g (8.4%), Net Carbohydrates: 20.13g (7.32%), Sugar: 7.94g (8.83%), Cholesterol: 21.07mg (7.02%), Sodium: 492.97mg (21.43%), Alcohol: 0.31g (100%), Alcohol %: 0.13% (100%), Protein: 3.74g (7.48%), Vitamin A: 3557.99IU (71.16%),

Vitamin C: 41.32mg (50.08%), Manganese: 0.52mg (26.05%), Potassium: 903.64mg (25.82%), Vitamin K: 25.48µg (24.27%), Vitamin B6: 0.46mg (23.11%), Fiber: 5.06g (20.23%), Folate: 74.35µg (18.59%), Vitamin B2: 0.2mg (11.83%), Magnesium: 46.68mg (11.67%), Iron: 2.01mg (11.17%), Copper: 0.2mg (10.12%), Vitamin E: 1.38mg (9.22%), Calcium: 89.67mg (8.97%), Phosphorus: 85.96mg (8.6%), Vitamin B1: 0.12mg (8.23%), Vitamin B3: 1.63mg (8.13%), Vitamin B5: 0.58mg (5.78%), Zinc: 0.66mg (4.37%), Selenium: 1.54µg (2.2%)