



 **25%**
HEALTH SCORE

Roasted Kabocha Squash, Haricots Verts, Mushrooms and Pepitas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



208 kcal

SIDE DISH

Ingredients

- 1 bunch chives fresh diced for garnish finely
- 8 servings pepper red crushed
- 0.5 teaspoon ground cinnamon
- 1 pound haricots verts
- 4 cups kabocha squash
- 8 servings kosher salt
- 8 servings olive oil extra virgin extra-virgin

- 1 pound oyster mushrooms
- 0.5 cup pumpkin seeds green for garnish (pumpkin seeds)

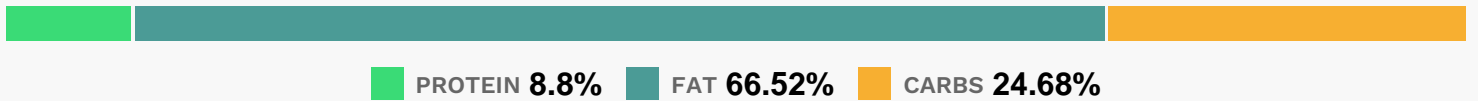
Equipment

- bowl
- oven

Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F.
- In a large bowl, toss the squash with olive oil, cinnamon, crushed red pepper and salt.
- Put the squash on a sheet tray and put in the oven. Roast the squash until very soft, about 30 minutes.
- Toss the haricots verts with olive oil, crushed red pepper and salt. Put on a sheet tray and roast in the oven for 15 to 17 minutes. Repeat this process with the mushrooms and roast for 12 to 14 minutes.
- Place the pepitas on a sheet tray and roast for 7 to 8 minutes.
- When all the veggies are roasted, combine all them.
- Garnish with the toasted pepitas and chives.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:1.14, Inflammation Score:-8, Nutrition Score:14.728695579197%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 208.23kcal (10.41%), Fat: 16.69g (25.67%), Saturated Fat: 2.41g (15.05%), Carbohydrates: 13.93g (4.64%), Net Carbohydrates: 9.21g (3.35%), Sugar: 3.97g (4.41%), Cholesterol: 0mg (0%), Sodium: 243.11mg (10.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.93%), Vitamin A: 1827.07IU (36.54%), Vitamin K: 36.96µg (35.2%), Manganese: 0.52mg (26.05%), Vitamin E: 3.17mg (21.15%), Vitamin B3: 3.95mg (19.76%), Fiber: 4.72g (18.88%), Vitamin B2: 0.32mg (18.73%), Potassium: 634.33mg (18.12%), Vitamin C: 14.44mg (17.5%), Phosphorus: 158.61mg (15.86%), Magnesium: 59.45mg (14.86%), Copper: 0.29mg (14.69%), Folate: 57.59µg (14.4%), Vitamin B6: 0.28mg (14.06%), Iron: 2.47mg (13.73%), Vitamin B5: 1.02mg (10.2%), Vitamin B1: 0.15mg (10.07%), Zinc: 1.1mg (7.32%), Calcium: 49.33mg (4.93%), Selenium: 2.84µg (4.06%), Vitamin D: 0.4µg (2.65%)