



Roasted Kabocha Squash with Cumin Salt



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



137 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaves
- ☐ 2 teaspoons brown sugar packed
- ☐ 1 teaspoon cumin seeds dry toasted
- ☐ 2.5 pounds kabocha squash peeled seeded cut into 1-inch chunks
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon paprika smoked (pimenton)
- ☐ 1 teaspoon sea salt

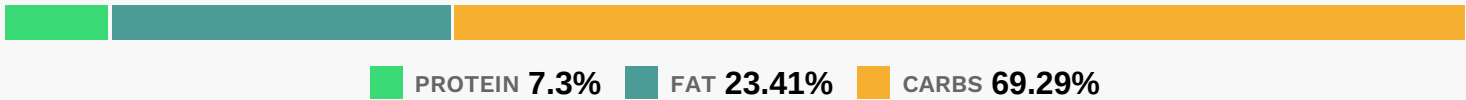
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375°F.
- ☐ Combine cumin seeds with bay leaf and paprika in a spice mill or clean coffee grinder and process briefly.
- ☐ Add sugar and salt and process to combine. Set aside. Toss squash with oil, then cumin mixture.
- ☐ Spread on 2 baking sheets and roast until tender, about 25 minutes.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.01, Inflammation Score:-10, Nutrition Score:14.131739243217%

Nutrients (% of daily need)

Calories: 137.23kcal (6.86%), Fat: 4g (6.15%), Saturated Fat: 0.57g (3.57%), Carbohydrates: 26.62g (8.87%), Net Carbohydrates: 22.27g (8.1%), Sugar: 8.2g (9.11%), Cholesterol: 0mg (0%), Sodium: 594.27mg (25.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.61%), Vitamin A: 3944.84IU (78.9%), Vitamin C: 34.92mg (42.33%), Potassium: 1006.97mg (28.77%), Manganese: 0.49mg (24.28%), Vitamin B6: 0.45mg (22.42%), Fiber: 4.36g (17.42%), Folate: 68.22µg (17.05%), Iron: 2.05mg (11.4%), Vitamin B2: 0.18mg (10.53%), Magnesium: 41.97mg (10.49%), Copper: 0.21mg (10.4%), Calcium: 86.58mg (8.66%), Vitamin B3: 1.46mg (7.28%), Phosphorus: 68.2mg (6.82%), Vitamin E: 0.9mg (5.98%), Vitamin B1: 0.09mg (5.91%), Vitamin B5: 0.54mg (5.39%), Vitamin K: 5.35µg (5.1%), Zinc: 0.63mg (4.19%), Selenium: 1.19µg (1.71%)