

health-score 63%
HEALTH SCORE

Roasted Pumpkin with Pistachios and Gorgonzola

 Vegetarian  Gluten Free  Very Healthy

READY IN

ready

75 min.

SERVINGS

servings

8

CALORIES

calories

380 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 10 cups baby spinach and baby arugula mixed
- ☐ 2 butternut squash
- ☐ 3 tablespoons dijon mustard
- ☐ 1.3 cups evoo
- ☐ 0.3 cup chives fresh finely chopped
- ☐ 2 cups gorgonzola cheese crumbled

- ☐ 3 tablespoons honey
- ☐ 8 servings nutmeg freshly grated
- ☐ 1 cup pistachios shelled
- ☐ 8 servings salt and pepper black freshly ground

Equipment

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ mixing bowl
- ☐ peeler

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ To peel the pumpkin, halve it, and then scoop out the seeds.
- ☐ Cut it into wedges, carve the flesh away from the skin, and then chop it into 1-inch cubes. (If using butternut squash, cut the squash in half, separating the upper half from the bulbous bottom. Use a sharp vegetable peeler or paring knife to trim away the skin. Chop the squash into 1-inch cubes.)
- ☐ Place the pumpkin on a baking sheet and drizzle with 2 tablespoons EVOO and season with the salt, pepper and nutmeg.
- ☐ Place in the oven and roast until golden brown and cooked through, 30 to 35 minutes.
- ☐ Add the pistachios during the last 5 to 10 minutes of cooking.
- ☐ Let cool to room temperature.
- ☐ While the pumpkin is roasting, make the vinaigrette. In a small mixing bowl, combine the vinegar, honey and mustard. In a slow stream, whisk in the remaining EVOO, add the chives and season with salt and pepper.
- ☐ In a large mixing bowl, combine the cooked and cooled pumpkin with the pistachios and the baby spinach and arugula. Toss and then adjust seasoning. Arrange on a platter and top with crumbles of the gorgonzola.

Nutrition Facts

PROTEIN 12.45% FAT 51.6% CARBS 35.95%

Properties

Glycemic Index:43.53, Glycemic Load:4.71, Inflammation Score:-10, Nutrition Score:30.695217440958%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 2.52mg, Kaempferol: 2.52mg, Kaempferol: 2.52mg, Kaempferol: 2.52mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 380.43kcal (19.02%), Fat: 23.1g (35.54%), Saturated Fat: 7.67g (47.92%), Carbohydrates: 36.2g (12.07%), Net Carbohydrates: 29.31g (10.66%), Sugar: 12.8g (14.22%), Cholesterol: 21.19mg (7.06%), Sodium: 425.6mg (18.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.54g (25.08%), Vitamin A: 23787.97IU (475.76%), Vitamin K: 190.84µg (181.75%), Vitamin C: 51.62mg (62.57%), Manganese: 1.04mg (52.23%), Folate: 144.79µg (36.2%), Vitamin B6: 0.68mg (34.06%), Vitamin E: 4.88mg (32.54%), Potassium: 1134.7mg (32.42%), Magnesium: 126.44mg (31.61%), Calcium: 302.83mg (30.28%), Phosphorus: 277.64mg (27.76%), Fiber: 6.89g (27.56%), Vitamin B1: 0.38mg (25.16%), Copper: 0.43mg (21.35%), Iron: 3.3mg (18.33%), Vitamin B3: 3.09mg (15.43%), Vitamin B2: 0.25mg (14.73%), Vitamin B5: 1.37mg (13.7%), Selenium: 8.52µg (12.18%), Zinc: 1.68mg (11.2%), Vitamin B12: 0.34µg (5.74%)