



Roasted Red Onions and Delicata Squash

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



113 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 24 ounce delicata squashes halved lengthwise seeded cut into 1/2-inch slices
- 3 tablespoons flat-leaf parsley fresh chopped
- 1 tablespoon thyme leaves fresh chopped
- 3 garlic cloves sliced
- 1 tablespoon honey
- 2 teaspoons olive oil
- 1 pound onion red cut into 12 wedges

- 0.5 teaspoon salt divided
- 1 tablespoon butter unsalted melted

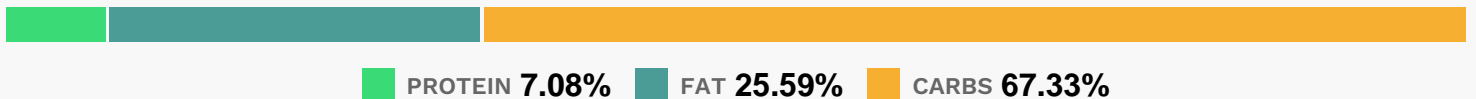
Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk

Directions

- Place a baking sheet in oven. Preheat oven to 475 (leave pan in oven).
- Combine first 5 ingredients in a large bowl, stirring with a whisk.
- Add squash and onion; toss gently to coat.
- Sprinkle vegetable mixture with 1/4 teaspoon salt and 1/4 teaspoon pepper. Carefully remove preheated pan from oven; coat pan with cooking spray. Arrange vegetable mixture in a single layer on pan.
- Bake at 475 for 20 minutes or until tender, turning once.
- Sprinkle with remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, and chopped parsley.

Nutrition Facts



Properties

Glycemic Index:36.38, Glycemic Load:3.3, Inflammation Score:-10, Nutrition Score:9.9791304206719%

Flavonoids

Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 15.38mg, Quercetin:

15.38mg, Quercetin: 15.38mg, Quercetin: 15.38mg

Nutrients (% of daily need)

Calories: 112.5kcal (5.63%), Fat: 3.5g (5.38%), Saturated Fat: 1.46g (9.1%), Carbohydrates: 20.7g (6.9%), Net Carbohydrates: 17.41g (6.33%), Sugar: 8.61g (9.56%), Cholesterol: 5.02mg (1.67%), Sodium: 203.29mg (8.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.35%), Vitamin A: 1834.93IU (36.7%), Vitamin K: 35.61µg (33.92%), Vitamin C: 24.56mg (29.76%), Manganese: 0.36mg (17.77%), Potassium: 536.12mg (15.32%), Vitamin B6: 0.29mg (14.67%), Fiber: 3.3g (13.18%), Folate: 45.36µg (11.34%), Magnesium: 27.08mg (6.77%), Iron: 1.21mg (6.72%), Copper: 0.13mg (6.4%), Calcium: 60.98mg (6.1%), Vitamin B2: 0.1mg (6.01%), Phosphorus: 53.66mg (5.37%), Vitamin B1: 0.07mg (4.96%), Vitamin B3: 0.72mg (3.6%), Vitamin B5: 0.34mg (3.35%), Zinc: 0.44mg (2.93%), Vitamin E: 0.42mg (2.77%), Selenium: 1.11µg (1.58%)