



HEALTH SCORE

100%

Roasted Squash and Kale Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



306 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 1 butternut squash
- ☐ 2 tablespoons creamy peanut butter
- ☐ 1 cucumber julienned peeled
- ☐ 2 teaspoons ginger fresh
- ☐ 1 pound kale thinly sliced
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 teaspoons soya sauce low-sodium

- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup onion red thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons sesame oil
- ☐ 1 teaspoon sugar
- ☐ 1 tablespoon water

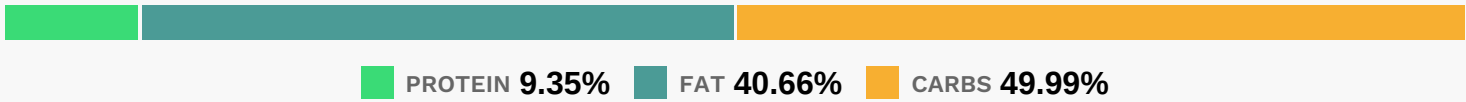
Equipment

- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 40
- ☐ Peel, seed, and cut butternut squash into 1-inch chunks. Toss with olive oil, brown sugar, salt, and pepper; bake for 25 minutes.
- ☐ Remove from oven; cool. Toss with kale, cucumber, and red onion. In a blender, pure low-sodium soy sauce, fresh lime juice, sesame oil, sugar, creamy peanut butter, fresh ginger, and water.
- ☐ Drizzle salad with dressing; serve.

Nutrition Facts



Properties

Glycemic Index:51.27, Glycemic Load:1.42, Inflammation Score:-10, Nutrition Score:33.169130615566%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg 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: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 27.26mg, Isorhamnetin: 27.26mg,

Isorhamnetin: 27.26mg, Isorhamnetin: 27.26mg Kaempferol: 53.14mg, Kaempferol: 53.14mg, Kaempferol: 53.14mg, Kaempferol: 53.14mg Quercetin: 27.65mg, Quercetin: 27.65mg, Quercetin: 27.65mg, Quercetin: 27.65mg

Nutrients (% of daily need)

Calories: 306.02kcal (15.3%), Fat: 15.12g (23.26%), Saturated Fat: 2.32g (14.49%), Carbohydrates: 41.83g (13.94%), Net Carbohydrates: 32.26g (11.73%), Sugar: 17.15g (19.06%), Cholesterol: 0mg (0%), Sodium: 487.6mg (21.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.83g (15.65%), Vitamin A: 31316.71IU (626.33%), Vitamin K: 454.56µg (432.92%), Vitamin C: 149.6mg (181.34%), Manganese: 1.35mg (67.62%), Calcium: 404.77mg (40.48%), Fiber: 9.57g (38.29%), Potassium: 1248.02mg (35.66%), Folate: 141.92µg (35.48%), Vitamin E: 5.26mg (35.07%), Magnesium: 128.29mg (32.07%), Vitamin B2: 0.48mg (27.95%), Vitamin B6: 0.55mg (27.62%), Vitamin B1: 0.36mg (23.79%), Vitamin B3: 4.74mg (23.72%), Iron: 3.62mg (20.09%), Phosphorus: 175.65mg (17.57%), Copper: 0.3mg (14.88%), Vitamin B5: 1.16mg (11.59%), Zinc: 1.1mg (7.36%), Selenium: 2.56µg (3.65%)