



Roasted Squash, Chestnut, and Chicory Salad with Cranberry Vinaigrette



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



182 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 pound acorn squash
- ☐ 0.5 teaspoon pepper black
- ☐ 1 cup honey whole cooked peeled cut into thirds (from a 7- to 8-ounce jar)
- ☐ 10 cups salad leaves curly endive trimmed (curly endive)
- ☐ 0.3 cup cranberries fresh finely chopped
- ☐ 1 tablespoon t brown sugar dark packed
- ☐ 2 tablespoons olive oil extra virgin extra-virgin for greasing

- ☐ 1 inch pancetta cut into 1/4-inch dice (6 ounce total)
- ☐ 1 teaspoon salt
- ☐ 0.3 cup water
- ☐ 2 tablespoons coarse mustard

Equipment

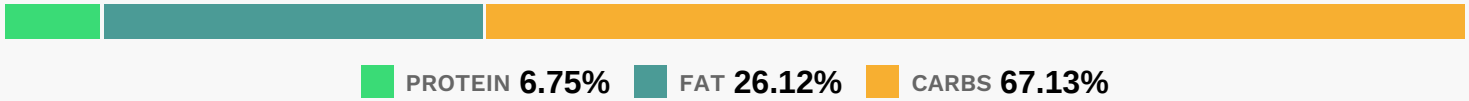
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ spatula
- ☐ slotted spoon

Directions

- ☐ Put oven rack in middle position and preheat oven to 450°F. Line a large shallow baking pan with foil and oil generously with olive oil.
- ☐ Cut off stem end of squash, then put cut side down and halve lengthwise. Discard seeds, then cut squash into 1/2-inch-thick slices. Peel if desired with a paring knife and transfer slices to a bowl.
- ☐ Add 1 tablespoon olive oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper and gently toss to coat. Arrange in 1 layer in lined baking pan and roast until golden, about 15 minutes.
- ☐ Remove from oven and turn squash over with a spatula.
- ☐ Add chestnuts to pan in an even layer, then continue to roast until squash is golden and tender, 10 to 15 minutes. Keep warm, covered with foil.
- ☐ While squash is roasting, cook pancetta in a dry 10-inch heavy skillet over high heat until browned, about 4 minutes total.

- ☐
- Transfer pancetta with a slotted spoon to paper towels to drain, reserving fat in skillet.
- ☐
- Reheat pancetta fat over moderately high heat until hot but not smoking, then add cranberries and brown sugar and stir once to combine.
- ☐
- Remove from heat and add water, stirring and scraping up brown bits from bottom of skillet.
- ☐
- Transfer cranberry mixture to a medium bowl and whisk in mustard, remaining tablespoon olive oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
- ☐
- Toss together chicory, roasted acorn squash, and chestnuts. Just before serving, toss with dressing and sprinkle with pancetta.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:5.88, Inflammation Score:-10, Nutrition Score:24.393043613385%

Flavonoids

Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 2.05mg, Peonidin: 2.05mg, Peonidin: 2.05mg, Peonidin: 2.05mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg Luteolin: 1.74mg, Luteolin: 1.74mg, Luteolin: 1.74mg, Luteolin: 1.74mg Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg

Nutrients (% of daily need)

Calories: 182.36kcal (9.12%), Fat: 5.71g (8.79%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 33.04g (11.01%), Net Carbohydrates: 27.03g (9.83%), Sugar: 2.77g (3.08%), Cholesterol: 0.28mg (0.09%), Sodium: 489.16mg (21.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.64%), Vitamin K: 251.37µg (239.4%), Vitamin A: 5332.38IU (106.65%), Vitamin C: 46.82mg (56.75%), Manganese: 0.75mg (37.48%), Folate: 131.63µg (32.91%), Potassium: 1006.68mg (28.76%), Fiber: 6.01g (24.03%), Copper: 0.46mg (22.75%), Magnesium: 83.81mg (20.95%), Vitamin B6: 0.41mg (20.62%), Vitamin B1: 0.31mg (20.49%), Vitamin E: 2.63mg (17.54%), Vitamin B5: 1.72mg (17.19%), Calcium: 144.24mg (14.42%), Iron: 2.18mg (12.13%), Phosphorus: 109.47mg (10.95%), Vitamin B3: 1.79mg (8.96%), Vitamin B2: 0.11mg (6.3%), Zinc: 0.71mg (4.72%), Selenium: 2.83µg (4.04%)