



Roasted Squash Salad with Bacon and Pumpkin Seeds



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



75 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bacon
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 4 cups butternut squash cubed peeled () (1 pound)
- ☐ 3 tablespoons pumpkinseed kernels unsalted toasted
- ☐ 1 teaspoon dijon mustard
- ☐ 10 ounces gourmet salad greens
- ☐ 0.5 teaspoon salt divided

- ☐ 1 medium shallots minced
- ☐ 2 tablespoons sherry vinegar

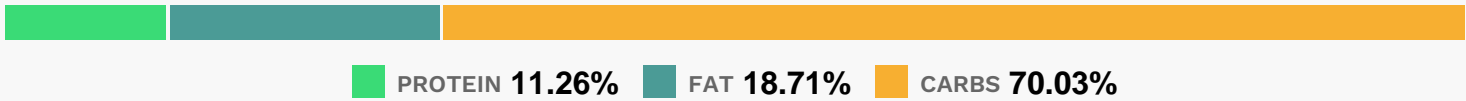
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 40
- ☐ Arrange squash in a single layer on a jelly-roll pan coated with cooking spray. Coat squash with cooking spray; sprinkle evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Bake at 400 for 30 minutes or until squash is tender and lightly browned, stirring after 15 minutes.
- ☐ Remove from heat; keep warm.
- ☐ Combine remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, vinegar, and mustard.
- ☐ Cook bacon in a small nonstick skillet over medium-high heat until crisp.
- ☐ Remove bacon from pan, reserving 1 teaspoon drippings in pan. Crumble bacon; set aside.
- ☐ Add shallot to drippings in pan; saut 1 minute.
- ☐ Add shallot and bacon to vinegar mixture, stirring with a whisk.
- ☐ Place salad greens in a large bowl.
- ☐ Drizzle vinegar mixture over greens; toss gently to coat. Arrange about 1 1/3 cups salad on each of 6 plates. Top each serving with 2/3 cup squash and 1 1/2 teaspoons pumpkinseed kernels.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.19, Inflammation Score:-10, Nutrition Score:11.72652177869%

Nutrients (% of daily need)

Calories: 74.68kcal (3.73%), Fat: 1.71g (2.63%), Saturated Fat: 0.54g (3.34%), Carbohydrates: 14.4g (4.8%), Net Carbohydrates: 12.17g (4.43%), Sugar: 2.72g (3.02%), Cholesterol: 2.42mg (0.81%), Sodium: 259.34mg (11.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.63%), Vitamin A: 10464.44IU (209.29%), Vitamin C: 31.04mg (37.63%), Manganese: 0.31mg (15.33%), Potassium: 446.19mg (12.75%), Folate: 46.92µg (11.73%), Vitamin B6: 0.21mg (10.47%), Magnesium: 40.1mg (10.02%), Vitamin E: 1.37mg (9.15%), Fiber: 2.23g (8.9%), Vitamin B1: 0.12mg (8.31%), Vitamin B3: 1.62mg (8.08%), Phosphorus: 61.97mg (6.2%), Iron: 1.09mg (6.05%), Calcium: 54.57mg (5.46%), Copper: 0.1mg (5.1%), Vitamin B5: 0.49mg (4.94%), Vitamin B2: 0.05mg (3.15%), Selenium: 1.78µg (2.54%), Zinc: 0.33mg (2.21%), Vitamin K: 1.35µg (1.28%)