



Roasted-Squash Salad with Maple Vinaigrette



Gluten Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



170 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound butternut squash halved seeded cut into 8 wedges
- ☐ 1.5 tablespoons cider vinegar
- ☐ 2 teaspoons dijon mustard
- ☐ 0.3 cup skinned hazelnuts chopped (such as Diamond brand)
- ☐ 3 tablespoons maple syrup
- ☐ 0.3 cup parmesan cheese shaved
- ☐ 5 cups winter salad greens mixed red (such as leaf lettuce and radicchio)

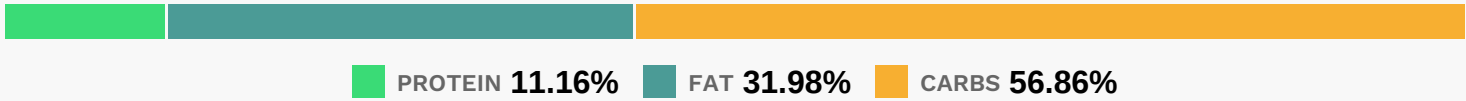
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 42
- ☐ Place the nuts on a baking sheet in middle of oven.
- ☐ Bake for about 5 minutes or until fragrant. Set aside.
- ☐ Coat a 13- x 9-inch nonstick baking pan with cooking spray.
- ☐ Place squash on pan, cut sides down. Cover with foil, and roast in middle of oven about 20 minutes or until tender.
- ☐ Whisk together the maple syrup, vinegar, and mustard in a serving bowl until blended.
- ☐ Add greens, and toss until well-combined.
- ☐ Divide the dressed greens onto each of 4 plates, and surround with 2 squash wedges.
- ☐ Sprinkle evenly with nuts and Parmesan; serve.

Nutrition Facts



Properties

Glycemic Index:37.63, Glycemic Load:3.85, Inflammation Score:-10, Nutrition Score:18.73173908371%

Flavonoids

Cyanidin: 1.6mg, Cyanidin: 1.6mg, Cyanidin: 1.6mg, Cyanidin: 1.6mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg,

Epigallocatechin 3–gallate: 0.08mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg
Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 2.66mg, Quercetin:
2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 170.39kcal (8.52%), Fat: 6.45g (9.92%), Saturated Fat: 1.4g (8.75%), Carbohydrates: 25.79g (8.6%), Net
Carbohydrates: 22.37g (8.14%), Sugar: 12.08g (13.43%), Cholesterol: 4.25mg (1.42%), Sodium: 142.54mg (6.2%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.13%), Vitamin A: 14728.5IU (294.57%), Manganese:
1.13mg (56.7%), Vitamin K: 51.46µg (49.01%), Vitamin C: 25.59mg (31.02%), Vitamin E: 2.83mg (18.89%), Calcium:
166.85mg (16.68%), Potassium: 562.97mg (16.08%), Vitamin B2: 0.27mg (15.94%), Magnesium: 62.36mg (15.59%),
Fiber: 3.42g (13.67%), Vitamin B1: 0.2mg (13.41%), Folate: 52.31µg (13.08%), Vitamin B6: 0.26mg (12.96%),
Phosphorus: 115.5mg (11.55%), Copper: 0.22mg (11.24%), Iron: 1.68mg (9.36%), Vitamin B3: 1.65mg (8.26%), Vitamin
B5: 0.61mg (6.09%), Selenium: 3.53µg (5.05%), Zinc: 0.72mg (4.79%), Vitamin B12: 0.08µg (1.25%)