






 **68%**
HEALTH SCORE

Roasted Squash Toss

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN

50 min.

SERVINGS

6

CALORIES

268 kcal

SIDE DISH

Ingredients

- 1.5 pound acorn squash seeded cut into 1/2-inch cubes
- 0.5 cup almond slivers
- 2 pound butternut squash peeled seeded cut into 1/2-inch cubes
- 1 teaspoon cinnamon
- 2 tablespoons brown sugar dark
- 2 cloves garlic minced
- 2 teaspoons ground cumin
- 6 servings kosher salt and pepper black freshly ground

- 0.3 cup olive oil
- 0.5 orange zest juiced ()
- 2 teaspoons chili flakes red

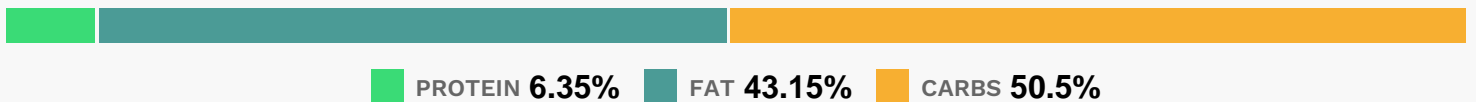
Equipment

- bowl
- frying pan
- oven

Directions

- Preheat oven to 425 degrees F. In a large bowl, mix together garlic, olive oil, sugar, cumin, chili flakes and cinnamon.
- Add squash cubes and toss well to evenly coat. Season with salt and freshly ground pepper.
- Place on two sheet pans and bake until nicely caramelized and soft when poked with a fork, stirring squash halfway through baking, about 25 to 30 minutes. While baking, place almonds in a dry skillet over medium-high heat and toast, stirring often, until lightly golden, about 4 minutes.
- Transfer squash and almonds to a serving bowl, toss with orange juice and zest, and serve.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0.2, Inflammation Score:-10, Nutrition Score:21.516086961912%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg 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: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg

0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg
Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 268.18kcal (13.41%), Fat: 14.01g (21.56%), Saturated Fat: 1.67g (10.44%), Carbohydrates: 36.9g (12.3%), Net Carbohydrates: 30.42g (11.06%), Sugar: 7.68g (8.53%), Cholesterol: 0mg (0%), Sodium: 23.15mg (1.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.29%), Vitamin A: 16700.5IU (334.01%), Vitamin C: 45.97mg (55.72%), Manganese: 0.82mg (41.21%), Vitamin E: 6.07mg (40.44%), Potassium: 1030.9mg (29.45%), Magnesium: 116.63mg (29.16%), Fiber: 6.48g (25.92%), Vitamin B6: 0.45mg (22.66%), Vitamin B1: 0.34mg (22.51%), Folate: 64.72µg (16.18%), Iron: 2.88mg (16.03%), Vitamin B3: 3.07mg (15.34%), Calcium: 153.23mg (15.32%), Copper: 0.3mg (14.8%), Phosphorus: 141.61mg (14.16%), Vitamin B5: 1.13mg (11.25%), Vitamin B2: 0.15mg (9.11%), Vitamin K: 8.11µg (7.72%), Zinc: 0.74mg (4.92%), Selenium: 2.08µg (2.97%)