



HEALTH SCORE

57%

Roasted Squash With Balsamic Sauce and Apples



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



178 kcal

SIDE DISH

Ingredients

- ☐ 1 cup balsamic vinegar
- ☐ 2 tablespoons brown sugar
- ☐ 4 pounds butternut squash halved
- ☐ 0.3 cup cherries dried chopped
- ☐ 1 piece ginger peeled finely chopped (1 inch)
- ☐ 2 delicious apples cored thinly sliced

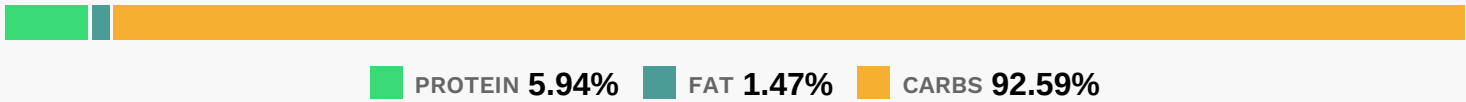
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Heat oven to 400°F. Slice a small piece off the skin side of each squash half, so halves sit flat. Microwave on high in a covered bowl until flesh begins to soften, 2 minutes. Gently simmer ginger, vinegar and sugar in a small saucepan over medium-low heat until liquid decreases by 1/3, 8 to 10 minutes.
- ☐ Remove from heat and set aside. Line 2 large baking sheets with foil and coat with cooking spray.
- ☐ Place squash halves skin side down on baking sheets. Arrange apple slices in cavity of each half.
- ☐ Bake until apples soften, 25 minutes.
- ☐ Remove squash from oven, drizzle with balsamic sauce, return to oven and bake until apples brown, 5 to 6 minutes.
- ☐ Cut each squash half into quarters and transfer to a serving platter with any extra juices.
- ☐ Sprinkle with cherries and serve immediately.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:4.39, Inflammation Score:-10, Nutrition Score:17.593913010929%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate:

0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 177.91kcal (8.9%), Fat: 0.31g (0.48%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 44.08g (14.69%), Net Carbohydrates: 38.08g (13.85%), Sugar: 19.37g (21.53%), Cholesterol: 0mg (0%), Sodium: 18.42mg (0.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.66%), Vitamin A: 24267.47IU (485.35%), Vitamin C: 49.76mg (60.32%), Manganese: 0.52mg (25.99%), Potassium: 890.33mg (25.44%), Fiber: 6g (24.01%), Vitamin E: 3.35mg (22.33%), Magnesium: 83.86mg (20.96%), Vitamin B6: 0.37mg (18.53%), Folate: 62.73µg (15.68%), Vitamin B1: 0.23mg (15.65%), Vitamin B3: 2.77mg (13.86%), Calcium: 126.24mg (12.62%), Iron: 1.96mg (10.89%), Vitamin B5: 0.94mg (9.41%), Copper: 0.19mg (9.36%), Phosphorus: 86.32mg (8.63%), Vitamin B2: 0.06mg (3.38%), Vitamin K: 3.5µg (3.33%), Zinc: 0.39mg (2.59%), Selenium: 1.18µg (1.68%)