



Roasted Squash with Mint and Toasted Pumpkin Seeds



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



128 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon aged balsamic vinegar
- ☐ 0.3 cup mint leaves fresh
- ☐ 10 servings pepper black freshly ground
- ☐ 4 tablespoons olive oil divided
- ☐ 0.3 cup pumpkin seeds shelled (pepitas)
- ☐ 2 medium butternut squash (3 pounds total)

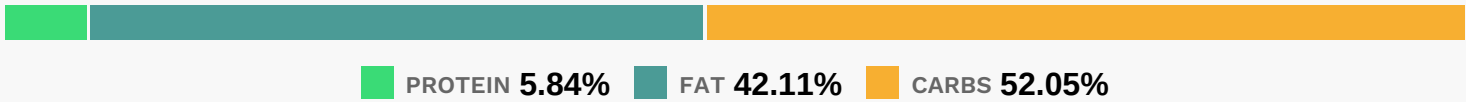
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 425°F.
- ☐ Cut squash into 1 1/2"-thick wedges, leaving skin on. Scrape off seeds and strings with a large spoon and discard. Coat wedges with 3 tablespoons oil and season with salt and pepper.
- ☐ Lay wedges cut side down on a large rimmed baking sheet. Roast, carefully turning halfway through, until golden brown on both sides, about 30 minutes.
- ☐ Heat remaining 1 tablespoon oil in a small skillet over medium-high heat.
- ☐ Add pumpkin seeds and cook, swirling pan often, until seeds are puffed and brown but still have a bit of green, 4–5 minutes.
- ☐ Transfer seeds to paper towels to drain.
- ☐ Sprinkle with salt. DO AHEAD: Squash and toasted pumpkin seeds can be made 4 hours ahead.
- ☐ Let stand separately at room temperature. Rewarm squash before serving.
- ☐ Transfer squash to a large platter and drizzle with balsamic vinegar.
- ☐ Sprinkle squash with torn mint leaves and toasted pumpkin seeds.

Nutrition Facts



Properties

Glycemic Index:9.2, Glycemic Load:0.16, Inflammation Score:-10, Nutrition Score:13.516087086304%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg

Nutrients (% of daily need)

Calories: 128.39kcal (6.42%), Fat: 6.55g (10.07%), Saturated Fat: 0.95g (5.92%), Carbohydrates: 18.21g (6.07%), Net Carbohydrates: 15g (5.45%), Sugar: 3.56g (3.96%), Cholesterol: 0mg (0%), Sodium: 6.96mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.09%), Vitamin A: 15993.59IU (319.87%), Vitamin C: 31.89mg

(38.65%), Manganese: 0.4mg (20.19%), Vitamin E: 3mg (20.02%), Potassium: 550.52mg (15.73%), Magnesium: 61.74mg (15.43%), Fiber: 3.21g (12.85%), Vitamin B6: 0.23mg (11.75%), Folate: 42.73µg (10.68%), Vitamin B1: 0.16mg (10.36%), Vitamin B3: 1.9mg (9.5%), Calcium: 76.4mg (7.64%), Iron: 1.3mg (7.23%), Phosphorus: 70.51mg (7.05%), Copper: 0.13mg (6.75%), Vitamin B5: 0.62mg (6.17%), Vitamin K: 5.3µg (5.05%), Zinc: 0.36mg (2.43%), Vitamin B2: 0.04mg (2.1%), Selenium: 0.91µg (1.29%)