



# Roasted Squash with Onions and Yogurt

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



138 kcal

SIDE DISH

## Ingredients

- 1 pound acorn squash seeded cut into 8 wedges
- 1 medium onion red peeled cut into 8 wedges (leaving root end intact)
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 serving coarse mustard
- 0.5 cup greek yogurt
- 2 tablespoons juice of lemon fresh
- 0.3 cup mint leaves fresh loosely packed

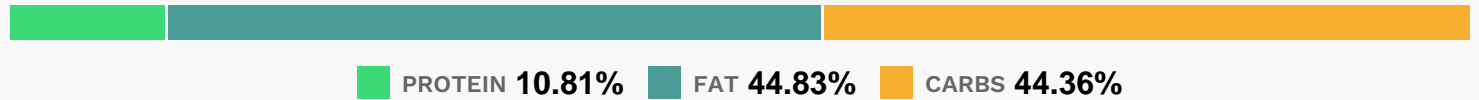
## Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat oven to 375 degrees. On a rimmed baking sheet, toss acorn squash and onion with oliveoil; season with coarse salt and ground pepper. Roast until squash is tender, 30 to 35 minutes.
- In a small bowl, combine Greek yogurt and lemon juice; season with salt and pepper.
- Transfer squash and onion to a serving plate. Top with yogurt, mint leaves, and ground pepper.

## Nutrition Facts



## Properties

Glycemic Index:14.75, Glycemic Load:0.57, Inflammation Score:-6, Nutrition Score:7.7704348564148%

## Flavonoids

Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

## Nutrients (% of daily need)

Calories: 137.87kcal (6.89%), Fat: 7.32g (11.26%), Saturated Fat: 1.04g (6.51%), Carbohydrates: 16.3g (5.43%), Net Carbohydrates: 13.83g (5.03%), Sugar: 2.19g (2.43%), Cholesterol: 1.25mg (0.42%), Sodium: 28.34mg (1.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.94%), Vitamin C: 18.31mg (22.19%), Potassium: 494.56mg (14.13%), Manganese: 0.27mg (13.31%), Vitamin B1: 0.18mg (12.23%), Vitamin B6: 0.23mg (11.58%), Magnesium: 45.09mg (11.27%), Vitamin A: 538.53IU (10.77%), Fiber: 2.47g (9.88%), Phosphorus: 86.8mg (8.68%), Calcium: 79.64mg (7.96%), Folate: 31.05µg (7.76%), Vitamin E: 1.03mg (6.88%), Iron: 1.08mg (5.98%), Vitamin B5: 0.59mg (5.93%), Vitamin B2: 0.1mg (5.79%), Selenium: 3.61µg (5.16%), Copper: 0.1mg (5%), Vitamin B3: 0.94mg (4.7%), Vitamin K: 4.34µg (4.14%), Vitamin B12: 0.17µg (2.92%), Zinc: 0.37mg (2.46%)