



Roasted Winter Squash

 Vegetarian  Gluten Free

READY IN



105 min.

SERVINGS



12

CALORIES



306 kcal

SIDE DISH

Ingredients

- 0.5 cup balsamic vinegar
- 6 pounds butternut squash (preferably 2 large squash)
- 3 tablespoons rosemary leaves fresh finely chopped
- 4 tablespoons sage leaves fresh finely chopped
- 12 servings salt and pepper black freshly ground
- 4 tablespoons sugar
- 2 sticks butter unsalted
- 0.5 cup unsulphured molasses dark

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- baking pan
- peeler

Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F.
- Peel the squash with a vegetable peeler. Halve lengthwise, discard the seeds, then cut into 1-inch dice.
- Place in a large bowl.
- Heat the butter in a medium skillet over medium-high heat. When the butter ceases to foam and has turned a light brown, pull the pan off the heat and immediately add the sage, rosemary, sugar, vinegar (stand back so as not to get splattered), and molasses.
- Mix well and bring up to a boil. Reduce heat and let simmer over medium-low heat for 1 to 2 minutes to meld the flavors. Season with a pinch of salt and pepper.
- Pour the vinegar mixture over the squash and toss well, then transfer to a heavy rimmed baking sheet or baking dish large enough to hold the squash in a single layer.
- Place in the oven and roast, tossing at least once, until very tender and caramelized, about 1 hour. Set aside until cool enough to handle but still warm, so the liquids are runny.
- Working in batches, if necessary, transfer the warm squash and all the cooking liquids to a food processor and process until smooth. Use immediately, or refrigerate for up to 5 days, or freeze for up to 2 months.

Nutrition Facts



■ PROTEIN 3.19% ■ FAT 43.43% ■ CARBS 53.38%

Properties

Glycemic Index:16.34, Glycemic Load:8.32, Inflammation Score:-10, Nutrition Score:23.539130609968%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 306.38kcal (15.32%), Fat: 15.66g (24.1%), Saturated Fat: 9.8g (61.23%), Carbohydrates: 43.31g (14.44%), Net Carbohydrates: 38.54g (14.01%), Sugar: 21.07g (23.41%), Cholesterol: 40.49mg (13.5%), Sodium: 19.07mg (0.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.18%), Vitamin A: 24594.25IU (491.88%), Copper: 6.3mg (315.16%), Vitamin C: 47.74mg (57.86%), Manganese: 0.9mg (45.22%), Potassium: 1033.03mg (29.52%), Magnesium: 116.77mg (29.19%), Vitamin E: 3.7mg (24.69%), Vitamin B6: 0.45mg (22.29%), Fiber: 4.78g (19.1%), Calcium: 160.22mg (16.02%), Vitamin B1: 0.24mg (15.98%), Folate: 62.36µg (15.59%), Iron: 2.6mg (14.44%), Vitamin B3: 2.87mg (14.33%), Vitamin B5: 1.05mg (10.46%), Phosphorus: 86.96mg (8.7%), Selenium: 3.85µg (5.5%), Vitamin K: 3.98µg (3.79%), Vitamin B2: 0.06mg (3.31%), Zinc: 0.45mg (3%), Vitamin D: 0.28µg (1.88%)