



HEALTH SCORE

76%

Roasted Winter Squash



Gluten Free



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



6

CALORIES



124 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 0.5 tablespoon honey
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 3 pounds spaghetti squash

Equipment

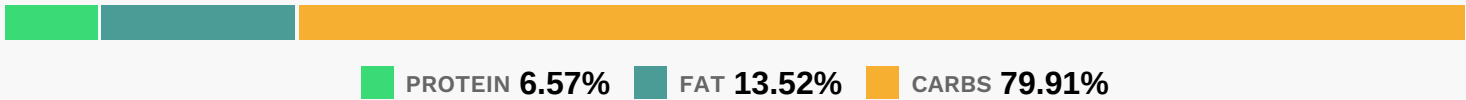
- ☐ frying pan
- ☐ oven

☐ aluminum foil

Directions

- ☐ Remove stem from squash.
- ☐ Cut squash in half lengthwise; remove and discard seeds.
- ☐ Cut each half into 4 wedges, and place on an aluminum foil-lined jelly-roll pan. (If using spaghetti squash, cut each half into 2 wedges.)
- ☐ Stir together butter and honey until blended.
- ☐ Brush squash evenly with butter mixture; sprinkle evenly with salt and pepper.
- ☐ Bake at 450 for 30 to 35 minutes or until tender, turning once.
- ☐ Cut skins from squash wedges, and discard.

Nutrition Facts



Properties

Glycemic Index:14.05, Glycemic Load:0.76, Inflammation Score:-10, Nutrition Score:16.510869603118%

Nutrients (% of daily need)

Calories: 124.36kcal (6.22%), Fat: 2.11g (3.24%), Saturated Fat: 0.44g (2.74%), Carbohydrates: 28.03g (9.34%), Net Carbohydrates: 23.47g (8.53%), Sugar: 6.43g (7.14%), Cholesterol: 0mg (0%), Sodium: 128.06mg (5.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.61%), Vitamin A: 24192.35IU (483.85%), Vitamin C: 47.64mg (57.75%), Manganese: 0.47mg (23.52%), Potassium: 801.34mg (22.9%), Vitamin E: 3.34mg (22.26%), Magnesium: 77.36mg (19.34%), Fiber: 4.56g (18.24%), Vitamin B6: 0.35mg (17.51%), Folate: 61.31µg (15.33%), Vitamin B1: 0.23mg (15.14%), Vitamin B3: 2.73mg (13.63%), Calcium: 110.1mg (11.01%), Vitamin B5: 0.91mg (9.12%), Iron: 1.6mg (8.91%), Copper: 0.17mg (8.26%), Phosphorus: 75.58mg (7.56%), Vitamin B2: 0.05mg (2.77%), Vitamin K: 2.63µg (2.51%), Zinc: 0.35mg (2.3%), Selenium: 1.15µg (1.65%)