



Roasted Winter Squash

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



166 kcal

SIDE DISH

Ingredients

- ☐ 1 lb acorn squash
- ☐ 0.3 cup butter
- ☐ 2 lb butternut squash
- ☐ 2 tablespoons honey
- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 2 lb spaghetti squash

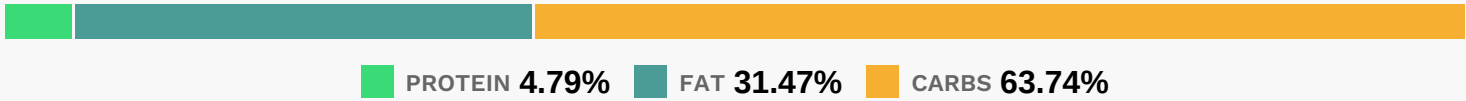
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Preheat oven to 40
- ☐ Cut butternut squash, spaghetti squash, and acorn squash in half lengthwise, and remove seeds.
- ☐ Place squash, cut sides up, on an aluminum foil-lined baking sheet. Microwave butter and honey at HIGH 1 minute or until melted; stir until blended.
- ☐ Brush cut sides of squash with butter mixture.
- ☐ Sprinkle with salt and pepper.
- ☐ Bake, uncovered, 1 hour or until tender; let stand 10 minutes.
- ☐ Cut into large pieces and serve.
- ☐ Roasted Acorn Squash: Omit butternut and spaghetti squash.
- ☐ Cut acorn squash in half; remove and discard seeds.
- ☐ Cut squash into 1/2-inch slices. Proceed with recipe as directed, decreasing bake time to 45 minutes or until tender.
- ☐ Garnish with sage sprigs, if desired. Makes 4 servings. Prep: 10 min.,
- ☐ Bake: 45 min.

Nutrition Facts



Properties

Glycemic Index:16.78, Glycemic Load:2.27, Inflammation Score:-10, Nutrition Score:14.609565152422%

Nutrients (% of daily need)

Calories: 165.65kcal (8.28%), Fat: 6.38g (9.82%), Saturated Fat: 3.78g (23.61%), Carbohydrates: 29.1g (9.7%), Net Carbohydrates: 24.75g (9%), Sugar: 9.03g (10.04%), Cholesterol: 15.25mg (5.08%), Sodium: 356.44mg (15.5%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.37%), Vitamin A: 12536.53IU (250.73%), Vitamin C: 31.77mg (38.51%), Manganese: 0.44mg (21.87%), Potassium: 688.18mg (19.66%), Fiber: 4.35g (17.41%), Vitamin B6: 0.34mg (17.25%), Magnesium: 66.72mg (16.68%), Vitamin B1: 0.22mg (14.87%), Vitamin E: 1.9mg (12.69%), Vitamin B3: 2.53mg (12.66%), Folate: 50.25µg (12.56%), Vitamin B5: 0.98mg (9.82%), Calcium: 94.13mg (9.41%), Iron: 1.47mg (8.18%), Copper: 0.15mg (7.56%), Phosphorus: 69.51mg (6.95%), Vitamin B2: 0.05mg (2.79%), Zinc: 0.42mg (2.77%), Vitamin K: 2.57µg (2.45%), Selenium: 1.21µg (1.73%)