



Roasted Winter Squash and Parsnips with Maple Syrup Glaze and Marcona Almonds



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



191 kcal

SIDE DISH

Ingredients

- ☐ 3.5 ounces almonds coarsely chopped
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 5 tablespoons butter
- ☐ 1.5 tablespoons rosemary leaves fresh chopped
- ☐ 2 garlic clove minced
- ☐ 0.5 cup maple syrup pure
- ☐ 1 teaspoon salt

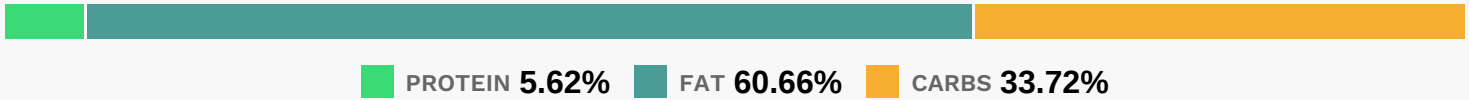
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Butter 11x7x2-inch glass baking dish.
- ☐ Combine kabocha and butternut squash andparsnips in large bowl. Melt butter in smallsaucepan over medium heat.
- ☐ Whisk in next5 ingredients.
- ☐ Add to squash mixture andtoss to coat.
- ☐ Transfer mixture to preparedbaking dish. DO AHEAD: Can be made 1day ahead. Cover and chill. Bring to roomtemperature before continuing.
- ☐ Preheat oven to 375°F. Cover squashmixture with foil.
- ☐ Bake covered 40 minutes.Uncover; bake until all vegetables aretender, about 20 minutes longer.
- ☐ Sprinklewith almonds and bake 10 minutes.

Nutrition Facts



Properties

Glycemic Index:19.81, Glycemic Load:5.15, Inflammation Score:-3, Nutrition Score:6.3969565604044%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 190.81kcal (9.54%), Fat: 13.32g (20.48%), Saturated Fat: 4.98g (31.14%), Carbohydrates: 16.65g (5.55%), Net Carbohydrates: 15g (5.45%), Sugar: 12.61g (14.01%), Cholesterol: 18.81mg (6.27%), Sodium: 349.13mg (15.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.55%), Manganese: 0.78mg (38.96%), Vitamin B2: 0.4mg (23.62%), Vitamin E: 3.38mg (22.53%), Magnesium: 38.64mg (9.66%), Copper: 0.13mg (6.65%), Fiber: 1.65g (6.6%), Phosphorus: 63.35mg (6.34%), Calcium: 60.68mg (6.07%), Vitamin A: 230.5IU (4.61%), Potassium: 145.53mg (4.16%), Zinc: 0.55mg (3.67%), Iron: 0.54mg (2.98%), Vitamin B1: 0.04mg (2.73%), Vitamin B3: 0.48mg (2.4%), Folate: 6.17µg (1.54%), Vitamin B6: 0.03mg (1.41%), Selenium: 0.71µg (1.01%)