



Roasted Winter Squash Seeds

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



58 kcal

SIDE DISH

Ingredients

- 1 tablespoon olive oil
- 0.5 teaspoon salt to taste
- 1 cup winter squash

Equipment

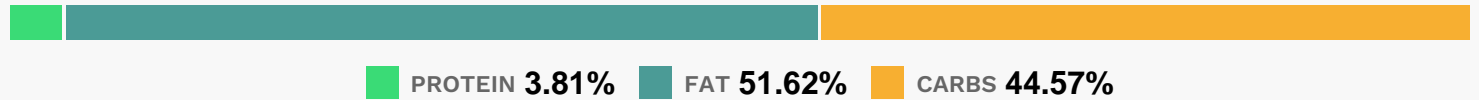
- bowl
- baking sheet
- baking paper
- oven

aluminum foil

Directions

- Preheat the oven to 275 degrees F (135 degrees C). Line a baking sheet with parchment paper or aluminum foil.
- After removing the seeds from the squash, rinse with water, and remove any strings and bits of squash. Pat dry, and place in a small bowl. Stir the olive oil and salt into the seeds until evenly coated.
- Spread out in an even layer on the prepared baking sheet.
- Bake for 15 minutes, or until seeds start to pop.
- Remove from oven and cool on the baking sheet before serving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:7.7365217817866%

Nutrients (% of daily need)

Calories: 57.56kcal (2.88%), Fat: 3.56g (5.48%), Saturated Fat: 0.5g (3.1%), Carbohydrates: 6.91g (2.3%), Net Carbohydrates: 5.73g (2.08%), Sugar: 1.3g (1.45%), Cholesterol: 0mg (0%), Sodium: 293.12mg (12.74%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.59g (1.18%), Vitamin A: 6287.33IU (125.75%), Vitamin C: 12.42mg (15.06%), Vitamin E: 1.36mg (9.04%), Manganese: 0.12mg (6.01%), Potassium: 208.29mg (5.95%), Magnesium: 20.12mg (5.03%), Fiber: 1.18g (4.73%), Vitamin B6: 0.09mg (4.55%), Folate: 15.97µg (3.99%), Vitamin B1: 0.06mg (3.94%), Vitamin B3: 0.71mg (3.55%), Calcium: 28.61mg (2.86%), Vitamin K: 2.76µg (2.63%), Iron: 0.44mg (2.42%), Vitamin B5: 0.24mg (2.37%), Copper: 0.04mg (2.14%), Phosphorus: 19.52mg (1.95%)