



Savory Roasted Butternut Squash

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



130 kcal

SIDE DISH

Ingredients

- ☐ 1 butternut squash peeled cut into 1-inch cubes
- ☐ 0.1 teaspoon ground pepper black
- ☐ 0.1 teaspoon ground thyme
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup romano cheese shredded locatelli® (such as)
- ☐ 6 servings salt to taste

Equipment

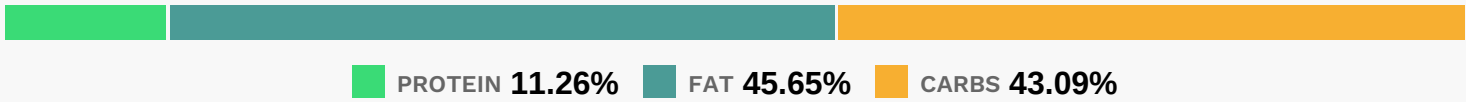
- ☐ bowl

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Mix butternut squash, olive oil, thyme, black pepper, and salt in a large bowl until evenly coated.
- ☐ Spread mixture in a large baking dish in an even layer; cover with aluminum foil.
- ☐ Bake in preheated oven for 30 minutes; remove foil and stir in half the Romano cheese.
- ☐ Sprinkle remaining cheese on top. Return to oven, uncovered, and continue to bake until tender and golden brown, about 20 minutes more.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.09, Inflammation Score:-10, Nutrition Score:12.460000039443%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 129.92kcal (6.5%), Fat: 7.04g (10.83%), Saturated Fat: 2.1g (13.11%), Carbohydrates: 14.95g (4.98%), Net Carbohydrates: 12.44g (4.52%), Sugar: 2.81g (3.12%), Cholesterol: 8.67mg (2.89%), Sodium: 298.9mg (13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.81%), Vitamin A: 13323.1IU (266.46%), Vitamin C: 26.26mg (31.83%), Vitamin E: 2.49mg (16.62%), Calcium: 149.41mg (14.94%), Manganese: 0.26mg (13.08%), Potassium: 447.98mg (12.8%), Magnesium: 46.04mg (11.51%), Phosphorus: 104.69mg (10.47%), Fiber: 2.52g (10.07%), Vitamin B6: 0.2mg (9.99%), Folate: 34.4µg (8.6%), Vitamin B1: 0.13mg (8.55%), Vitamin B3: 1.51mg (7.54%), Iron: 1mg (5.54%), Vitamin B5: 0.54mg (5.36%), Copper: 0.09mg (4.67%), Vitamin K: 4.79µg (4.56%), Vitamin B2: 0.06mg (3.29%), Zinc: 0.4mg (2.7%), Selenium: 1.84µg (2.62%), Vitamin B12: 0.09µg (1.56%)