



Spiced Kabocha Squash



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 slices ginger fresh (each the size of a quarter)
- ☐ 2 lb kabocha squash
- ☐ 1 cup mirin dry
- ☐ 6 servings try build-a-meal
- ☐ 4 cups seasoned rice vinegar
- ☐ 8 star anise whole

Equipment

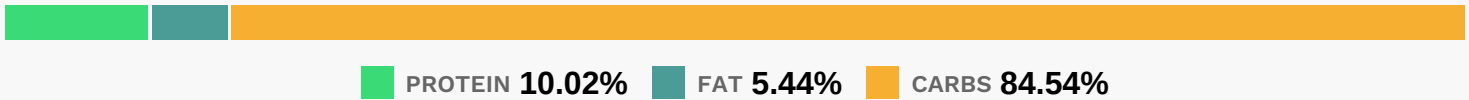
- ☐ frying pan

- ☐ knife
- ☐ peeler

Directions

- ☐ Cut squash in half; scoop out seeds.
- ☐ With a vegetable peeler, pare green skin from squash; discard. Using a slicer or knife, cut squash into 1/8-inch-thick slices (makes about 6 cups); rinse slices.
- ☐ In a 4- to 5-quart pan, combine vinegar, mirin, ginger, and anise. Bring to boiling over high heat, then reduce heat and simmer 5 minutes.
- ☐ Add squash and return to boiling over high heat.
- ☐ Transfer spiced mixture to a jar.

Nutrition Facts



Properties

Glycemic Index:14.17, Glycemic Load:0.28, Inflammation Score:-9, Nutrition Score:8.8973913037259%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 124.67kcal (6.23%), Fat: 0.46g (0.7%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 15.92g (5.31%), Net Carbohydrates: 13.18g (4.79%), Sugar: 3.83g (4.26%), Cholesterol: 0mg (0%), Sodium: 12.02mg (0.52%), Alcohol: 4.12g (100%), Alcohol %: 1.43% (100%), Protein: 1.89g (3.78%), Vitamin A: 2071.13IU (41.42%), Manganese: 0.49mg (24.53%), Vitamin C: 19.01mg (23.04%), Potassium: 598.57mg (17.1%), Vitamin B6: 0.27mg (13.64%), Fiber: 2.74g (10.97%), Folate: 37.26µg (9.32%), Iron: 1.61mg (8.94%), Magnesium: 32.76mg (8.19%), Copper: 0.14mg (7.22%), Calcium: 65.74mg (6.57%), Vitamin B2: 0.11mg (6.32%), Phosphorus: 61.87mg (6.19%), Vitamin B3: 0.92mg (4.57%), Vitamin B1: 0.06mg (3.7%), Zinc: 0.52mg (3.45%), Vitamin B5: 0.33mg (3.33%), Selenium: 2.09µg (2.99%), Vitamin K: 1.88µg (1.8%), Vitamin E: 0.2mg (1.35%)