



 **90%**
HEALTH SCORE

Spiced Winter Squash with Fennel

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



208 kcal

SIDE DISH

Ingredients

- 1.5 pound butternut squash peeled halved lengthwise halved seeded cut lengthwise into 3/4-inch-wide wedges
- 1 teaspoon chili powder
- 1 fennel bulb trimmed cut lengthwise into 1-inch-wide wedges
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 3 tablespoons olive oil
- 1 large onion cut lengthwise into 1/2-inch-wide wedges
- 0.5 teaspoon turmeric

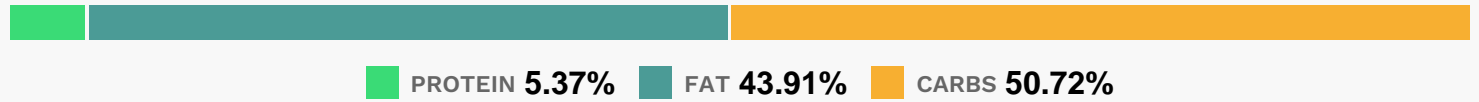
Equipment

- bowl
- baking sheet
- oven

Directions

- Position rack in bottom third of oven and preheat to 450°F.
- Combine squash, fennel, and onion on heavy large rimmed baking sheet.
- Add oil and toss to coat.
- Mix all spices in small bowl to blend.
- Sprinkle spice mixture over vegetables and toss to coat.
- Sprinkle with salt and generous amount of pepper. Roast until vegetables are tender and browned, turning once, about 45 minutes.
- Transfer to shallow dish and serve.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:1.9, Inflammation Score:-10, Nutrition Score:19.847826159519%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.75mg, Quercetin: 7.75mg, Quercetin: 7.75mg, Quercetin: 7.75mg

Nutrients (% of daily need)

Calories: 207.9kcal (10.4%), Fat: 11.04g (16.98%), Saturated Fat: 1.58g (9.89%), Carbohydrates: 28.69g (9.56%), Net Carbohydrates: 22.29g (8.11%), Sugar: 7.7g (8.55%), Cholesterol: 0mg (0%), Sodium: 48.12mg (2.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.07%), Vitamin A: 18316.54IU (366.33%), Vitamin C: 45.64mg

(55.32%), Vitamin K: 45.83µg (43.64%), Manganese: 0.64mg (31.79%), Vitamin E: 4.53mg (30.23%), Potassium: 922.94mg (26.37%), Fiber: 6.4g (25.59%), Magnesium: 74.89mg (18.72%), Vitamin B6: 0.35mg (17.62%), Folate: 69.16µg (17.29%), Vitamin B1: 0.2mg (13.21%), Calcium: 130.81mg (13.08%), Iron: 2.32mg (12.88%), Vitamin B3: 2.56mg (12.8%), Phosphorus: 101.24mg (10.12%), Copper: 0.19mg (9.41%), Vitamin B5: 0.87mg (8.68%), Vitamin B2: 0.07mg (4.12%), Zinc: 0.5mg (3.34%), Selenium: 1.6µg (2.29%)