




 **61%**
HEALTH SCORE

Sweet and Sour Butternut Squash---Zucca in Agrodolce


 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN




50 min.

SERVINGS



8

CALORIES



154 kcal

SIDE DISH

Ingredients

- 2 medium butternut squash cut into 1-inch slices, skin on, seeds discarded
- 0.3 cup mint leaves fresh
- 1 clove garlic paper-thin sliced
- 4 tablespoons olive oil extra-virgin
- 1 tablespoons oregano dried
- 0.5 teaspoon chili flakes red
- 0.5 medium onion paper-thin red sliced

- 0.3 cup red wine vinegar
- 8 servings salt and pepper to taste

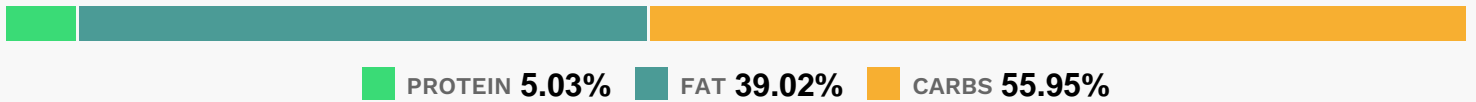
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 450 degrees F.
- Season the squash with salt and pepper, drizzle with 4 tablespoons olive oil, and place in a single layer on 1 or 2 cookie sheets.
- Place into preheated oven and cook 18 to 20 minutes, until just tender. Meanwhile, stir together the remaining 4 tablespoons of oil, vinegar, onion, chili flakes, oregano and garlic and season with salt and pepper.
- Remove squash from the oven and pour marinade over. Allow to cool 20 minutes in the marinade, sprinkle with mint leaves and serve.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:0.18, Inflammation Score:-10, Nutrition Score:15.820869497631%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg 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: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 153.98kcal (7.7%), Fat: 7.25g (11.16%), Saturated Fat: 1.02g (6.41%), Carbohydrates: 23.41g (7.8%), Net Carbohydrates: 19.11g (6.95%), Sugar: 4.45g (4.95%), Cholesterol: 0mg (0%), Sodium: 205.01mg (8.91%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.21%), Vitamin A: 20038.85IU (400.78%), Vitamin C: 40.5mg (49.09%), Vitamin E: 3.87mg (25.81%), Manganese: 0.45mg (22.38%), Potassium: 692.88mg (19.8%), Fiber: 4.3g (17.19%), Magnesium: 67.83mg (16.96%), Vitamin B6: 0.31mg (15.63%), Folate: 55.06µg (13.77%), Vitamin B1: 0.19mg (12.93%), Vitamin B3: 2.33mg (11.64%), Calcium: 106.71mg (10.67%), Vitamin K: 10.33µg (9.84%), Iron: 1.73mg (9.62%), Vitamin B5: 0.77mg (7.72%), Copper: 0.15mg (7.48%), Phosphorus: 67.37mg (6.74%), Vitamin B2: 0.05mg (2.82%), Zinc: 0.34mg (2.25%), Selenium: 1.08µg (1.54%)