



Three Sisters Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



190 min.

SERVINGS



10

CALORIES



148 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups arugula loosely packed
- ☐ 10 servings balsamic vinaigrette
- ☐ 2 pounds butternut squash
- ☐ 15.5 oz .5 can cannellini beans drained and rinsed canned
- ☐ 0.5 cup basil fresh chopped
- ☐ 2 cups corn kernels fresh
- ☐ 2 tablespoons olive oil
- ☐ 0.5 small onion red sliced

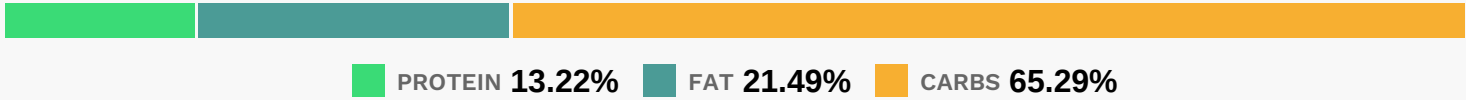
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Peel and seed butternut squash; cut into 3/4-inch cubes. Toss squash with olive oil to coat; place in a single layer in a lightly greased aluminum foil-lined 15- x 10-inch jelly-roll pan.
- ☐ Bake 20 minutes or until squash is just tender and begins to brown (do not overcook), stirring once after 10 minutes. Cool completely (about 20 minutes).
- ☐ Toss together cannellini beans, next 4 ingredients, and squash in a large bowl; cover and chill 2 to 4 hours. Toss with arugula just before serving.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:2.4, Inflammation Score:-10, Nutrition Score:14.932173956995%

Flavonoids

Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 148.25kcal (7.41%), Fat: 3.83g (5.89%), Saturated Fat: 0.57g (3.59%), Carbohydrates: 26.17g (8.72%), Net Carbohydrates: 21.46g (7.8%), Sugar: 4.33g (4.81%), Cholesterol: 0mg (0%), Sodium: 21.12mg (0.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.3g (10.6%), Vitamin A: 9903.39IU (198.07%), Vitamin C: 22.55mg (27.33%), Manganese: 0.5mg (24.85%), Fiber: 4.71g (18.85%), Folate: 72.92µg (18.23%), Potassium: 630.86mg (18.02%), Magnesium: 68.12mg (17.03%), Vitamin K: 15.59µg (14.84%), Vitamin E: 2.11mg (14.09%), Iron: 2.25mg (12.51%), Vitamin B1: 0.18mg (12.23%), Vitamin B6: 0.21mg (10.62%), Phosphorus: 101.12mg (10.11%), Copper: 0.19mg (9.71%),

Calcium: 89.32mg (8.93%), Vitamin B3: 1.69mg (8.44%), Vitamin B5: 0.69mg (6.88%), Zinc: 0.81mg (5.39%), Vitamin B2: 0.06mg (3.41%), Selenium: 1.38µg (1.97%)