



Warm Butternut Squash Salad with Tangerine-Rosemary Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



281 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 pound butternut squash peeled seeded cut into 1-inch cubes (5 cups)
- ☐ 0.3 cup cranberries
- ☐ 1 teaspoon rosemary fresh roughly chopped
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup olive oil
- ☐ 6 ounces pkt spinach mixed dried rinsed
- ☐ 4 tangerines

☐ 1 cup vegetable broth

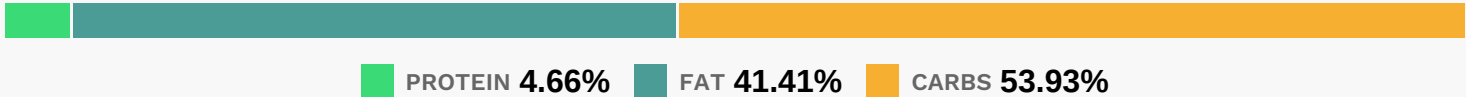
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat 1/4 cup olive oil in a large, heavy saute pan over medium-high heat.
- ☐ Add the squash. Season with some salt and pepper.
- ☐ Saute until slightly browned and softened, 8 to 10 minutes.
- ☐ Add the vegetable broth. Reduce the heat to medium-low and simmer, covered, until cooked through, 15 to 20 minutes. Season with more salt and pepper, and set the squash aside to cool slightly.
- ☐ Meanwhile, prepare the tangerines and vinaigrette. Peel 3 of the tangerines and slice them into 1-inch rounds, removing any seeds.
- ☐ Place the sliced tangerines in a bowl. To make the vinaigrette, juice the remaining tangerine into a small mixing bowl.
- ☐ Add the remaining 2 tablespoons olive oil and the rosemary.
- ☐ Whisk until combined. Season with salt and pepper.
- ☐ In a large serving bowl, add the mixed salad greens. Toss the salad with the vinaigrette until evenly coated. Top with the warm butternut squash. Arrange the sliced tangerines on top and sprinkle with the dried cranberries.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:4.84, Inflammation Score:-10, Nutrition Score:22.036521673203%

Flavonoids

Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 3.07mg, Peonidin: 3.07mg, Peonidin: 3.07mg, Peonidin: 3.07mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 6.99mg, Hesperetin: 6.99mg, Hesperetin: 6.99mg, Hesperetin: 6.99mg Naringenin: 8.82mg, Naringenin: 8.82mg, Naringenin: 8.82mg, Naringenin: 8.82mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 280.94kcal (14.05%), Fat: 14.04g (21.6%), Saturated Fat: 1.95g (12.2%), Carbohydrates: 41.16g (13.72%), Net Carbohydrates: 34.78g (12.65%), Sugar: 15.08g (16.76%), Cholesterol: 0mg (0%), Sodium: 257.31mg (11.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.1%), Vitamin A: 25320.95IU (506.42%), Vitamin C: 81.87mg (99.24%), Vitamin E: 5.47mg (36.46%), Manganese: 0.59mg (29.52%), Potassium: 1024.18mg (29.26%), Fiber: 6.37g (25.49%), Magnesium: 92.92mg (23.23%), Folate: 91.16µg (22.79%), Vitamin B6: 0.46mg (22.79%), Vitamin B1: 0.29mg (19.43%), Vitamin B3: 3.29mg (16.47%), Calcium: 148.11mg (14.81%), Vitamin B5: 1.17mg (11.68%), Iron: 2.09mg (11.6%), Copper: 0.23mg (11.32%), Phosphorus: 109.89mg (10.99%), Vitamin K: 11.1µg (10.57%), Vitamin B2: 0.1mg (5.87%), Zinc: 0.5mg (3.32%), Selenium: 1.4µg (2%)