



Warm squash & rocket salad with garlic vinaigrette



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



388 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 small butternut squash peeled
- ☐ 3 tbsp olive oil
- ☐ 2 handfuls rocket
- ☐ 250 g mozzarella cheese
- ☐ 2 garlic cloves thinly sliced
- ☐ 2 tbsp red wine vinegar
- ☐ 1 tbsp honey

☐ 1 small handful mint leaves chopped

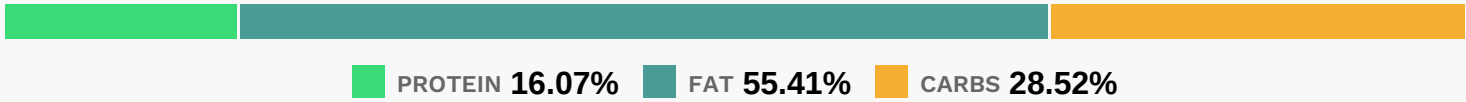
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Slice the squash into 3cm pieces.
- ☐ Place on a large, greased baking tray and drizzle with 1 tbsp of the oil. Season well and roast for 25 mins or until golden.
- ☐ While the squash is roasting, make the vinaigrette.
- ☐ Heat the remaining oil in a small pan.
- ☐ Add the garlic, keeping the heat low, and cook until golden.
- ☐ Remove from the heat and add the vinegar and honey. Return to the heat for 1 min, whisking until the vinaigrette becomes syrupy, then set aside.
- ☐ To serve, arrange the rocket and mozzarella on 4 plates.
- ☐ Add mint to the vinaigrette. Divide the squash between the plates and drizzle with the vinaigrette.

Nutrition Facts



Properties

Glycemic Index:35.32, Glycemic Load:2.83, Inflammation Score:-10, Nutrition Score:22.242173853128%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin:

0.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 387.51kcal (19.38%), Fat: 24.74g (38.06%), Saturated Fat: 9.72g (60.75%), Carbohydrates: 28.64g (9.55%), Net Carbohydrates: 24.61g (8.95%), Sugar: 9.3g (10.33%), Cholesterol: 49.38mg (16.46%), Sodium: 403.66mg (17.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.14g (32.28%), Vitamin A: 20633.67IU (412.67%), Vitamin C: 41.72mg (50.58%), Calcium: 427.64mg (42.76%), Phosphorus: 292.16mg (29.22%), Vitamin E: 4.38mg (29.17%), Vitamin B12: 1.42µg (23.75%), Manganese: 0.47mg (23.7%), Potassium: 761.85mg (21.77%), Magnesium: 82.53mg (20.63%), Vitamin K: 20.75µg (19.76%), Vitamin B6: 0.34mg (17.02%), Selenium: 11.85µg (16.92%), Folate: 65.99µg (16.5%), Fiber: 4.03g (16.13%), Zinc: 2.2mg (14.64%), Vitamin B1: 0.21mg (14.3%), Vitamin B2: 0.23mg (13.49%), Vitamin B3: 2.38mg (11.9%), Iron: 1.92mg (10.69%), Vitamin B5: 0.9mg (8.98%), Copper: 0.16mg (7.99%), Vitamin D: 0.25µg (1.67%)