



Winter Squash and Apple Hash

 **Gluten Free**  **Dairy Free**

READY IN



100 min.

SERVINGS



4

CALORIES



630 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black
- 1 butternut squash (or substitute any winter squash, like acorn, enough to equal 3 cups)
- 1 cup cranberries fresh
- 4 servings eggs cooked for serving
- 0.5 teaspoon ginger fresh grated peeled
- 1 teaspoon rosemary fresh chopped
- 0.5 teaspoon sage dried fresh chopped
- 0.5 teaspoon garlic fresh minced

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- 1 apples i use 2 granny smith apples chopped
- 0.3 cup bell pepper green chopped
- 0.5 teaspoon fennel powder
- 1 pound ground pork
- 0.5 tablespoon kosher salt
- 0.5 teaspoon lemon zest
- 4 servings olive oil for drizzling
- 0.3 cup onion chopped
- 0.3 cup bell pepper red chopped
- 0.5 teaspoon salt
- 1 tablespoon sugar

Equipment

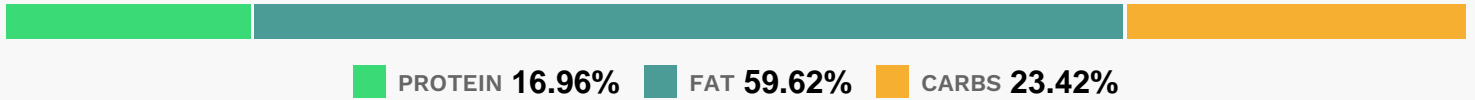
- frying pan
- oven
- pot
- baking pan

Directions

- Preheat the oven to 325 degrees F.
- Peel, seed, and chop the squash. Distribute evenly on a baking pan and drizzle lightly with oil.
- Bake until soft to the touch, about 20 minutes.
- Remove and cool.
- Cook the Rosemary Sausage in a lightly oiled pan over medium heat, stirring often, until browned.
- Add the apples, onions and peppers. Cook, stirring regularly, for 3 to 4 minutes.
- Add the squash.
- Saute until the squash is lightly browned, 1 to 2 more minutes.

- Cook eggs separately as desired.
- Plate the squash hash, drizzle with Cranberry-Ginger Chutney and top with eggs!
- Mix the pork with the fennel, garlic, sage, salt, pepper and rosemary well by hand.
- In a medium pot, boil the cranberries and 1 cup water until the berries start to pop, 5 to 7 minutes. Simmer on medium-low heat for 10 minutes.
- Add the sugar, garlic, ginger, lemon zest and salt, and simmer for another 20 minutes.

Nutrition Facts



Properties

Glycemic Index:80.77, Glycemic Load:5.27, Inflammation Score:-10, Nutrition Score:36.200434892074%

Flavonoids

Cyanidin: 12.32mg, Cyanidin: 12.32mg, Cyanidin: 12.32mg, Cyanidin: 12.32mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.3mg, Peonidin: 12.3mg, Peonidin: 12.3mg, Peonidin: 12.3mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 4.52mg, Epicatechin: 4.52mg, Epicatechin: 4.52mg, Epicatechin: 4.52mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg Quercetin: 8.56mg, Quercetin: 8.56mg, Quercetin: 8.56mg, Quercetin: 8.56mg

Nutrients (% of daily need)

Calories: 630.04kcal (31.5%), Fat: 42.65g (65.61%), Saturated Fat: 12.31g (76.96%), Carbohydrates: 37.71g (12.57%), Net Carbohydrates: 31.05g (11.29%), Sugar: 14.49g (16.1%), Cholesterol: 245.33mg (81.78%), Sodium: 1299.34mg (56.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.29g (54.59%), Vitamin A: 20654.7IU (413.09%), Vitamin C: 73.26mg (88.79%), Manganese: 1.57mg (78.29%), Vitamin B1: 1.07mg (71.19%), Selenium: 42.59µg (60.84%), Vitamin B6: 0.92mg (46.1%), Vitamin E: 5.84mg (38.93%), Vitamin B3: 7.49mg (37.46%), Phosphorus: 367.68mg (36.77%), Potassium: 1195mg (34.14%), Vitamin B2: 0.54mg (31.87%), Fiber: 6.66g (26.64%), Magnesium: 100.24mg (25.06%), Vitamin B5: 2.36mg (23.61%), Zinc: 3.48mg (23.2%), Folate: 88.26µg (22.07%), Vitamin B12: 1.19µg (19.76%), Iron: 3.5mg (19.43%), Calcium: 147.43mg (14.74%), Vitamin K: 15.09µg (14.37%), Copper: 0.27mg

(13.48%), Vitamin D: 0.88µg (5.87%)