



WHATSheATE



Winter Squash with Spiced Butter



Vegetarian



Gluten Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



177 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.3 teaspoon ground cumin
- ☐ 10 servings kosher salt
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 teaspoon lime zest finely grated

- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 0.8 cup pomegranate seeds
- ☐ 1 tablespoon rose hips dried crushed
- ☐ 0.5 cup butter unsalted room temperature (1 stick)
- ☐ 4 pounds winter squash assorted (such as acorn, kabocha, or delicata)

Equipment

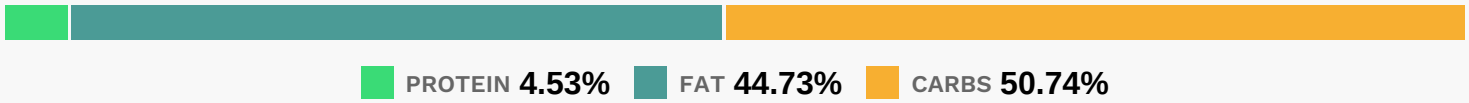
- ☐ bowl
- ☐ baking paper
- ☐ whisk
- ☐ pot
- ☐ cutting board

Directions

- ☐ Mix all ingredients except salt in a small bowl until lime juice is incorporated. Season with salt. Cover; keep in a cool place. DO AHEAD: Spiced butter can be made 1 week ahead.
- ☐ Roll into logs, wrap in parchment paper, and refrigerate for up to 2 weeks or freeze for up to 3 months.
- ☐ Trim ends of acorn and kabocha squash and cut in half through the stem end. Scrape out seeds and place squash cut side down on a cutting board (do not peel).
- ☐ Cut halves crosswise into 1/2" slices. If using delicata squash, cut crosswise into 1/2" rings; scrape out seeds.
- ☐ Fill a large wide pot with water to a depth of 1/2" and add a pinch of salt; bring to a boil.
- ☐ Add squash slices; reduce heat to medium low. Cover and steam, adding more water as needed to maintain 1/2" of water at bottom of pot, until squash is tender but not falling apart, 20–25 minutes.
- ☐ Carefully transfer squash slices to a large platter (some squash at bottom of pot maybe too soft; save for another purpose
- ☐ and season with salt.
- ☐ Reduce water in pot over high heat (or add hot water) to measure 3/4 cup.

- ☐
- Remove from heat and whisk in spicedbutter, 1 tablespoonful at a time, to forma rich, glossy sauce. Season to taste withsalt.
- ☐
- Drizzle spiced butter over squash.Top with pomegranate seeds.

Nutrition Facts



Properties

Glycemic Index:21.6, Glycemic Load:1.24, Inflammation Score:-10, Nutrition Score:15.5847825097%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 177.34kcal (8.87%), Fat: 9.59g (14.76%), Saturated Fat: 5.9g (36.87%), Carbohydrates: 24.48g (8.16%), Net Carbohydrates: 19.85g (7.22%), Sugar: 5.77g (6.41%), Cholesterol: 24.4mg (8.13%), Sodium: 202.91mg (8.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.37%), Vitamin A: 19636.74IU (392.73%), Vitamin C: 46.2mg (56.01%), Manganese: 0.44mg (22.02%), Vitamin E: 3.04mg (20.3%), Potassium: 682.74mg (19.51%), Fiber: 4.63g (18.5%), Magnesium: 65.41mg (16.35%), Vitamin B6: 0.29mg (14.57%), Folate: 54.27µg (13.57%), Vitamin B1: 0.19mg (12.79%), Vitamin B3: 2.25mg (11.24%), Calcium: 96.62mg (9.66%), Vitamin B5: 0.8mg (8%), Copper: 0.16mg (7.87%), Iron: 1.4mg (7.78%), Phosphorus: 69.17mg (6.92%), Vitamin K: 5.32µg (5.06%), Vitamin B2: 0.05mg (2.95%), Zinc: 0.35mg (2.3%), Selenium: 1.12µg (1.6%), Vitamin D: 0.17µg (1.13%)