

Roasted Butternut Squash and Red Onion

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Servings: 10

1 large butternut squash, peeled, seeded and cubed
2 large red onions, halved lengthwise and thinly sliced
2 tablespoons extra-virgin olive oil
Kosher salt
freshly ground pepper
leaves of two sprigs of rosemary

Preparation Time: 15 minutes

Position a rack in the upper third of the oven. Preheat to 450 degrees.

Combine the squash and onion on a parchment-lined baking sheet. Drizzle with olive oil and season with salt and pepper. Toss to evenly coat. Spread in an even layer and scatter the rosemary on top.

Put the baking sheet on the top rack. Reduce the heat to 375 degrees.

Roast, flipping the vegetables once, until browned in spots, about 45 minutes.

Start to Finish Time: 1 hour

Per Serving (excluding unknown items): 113 Calories; 3g Fat (21.0% calories from fat); 2g Protein; 23g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Vegetable; 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	113	Vitamin B6 (mg):	.3mg
% Calories from Fat:	21.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	72.4%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	6.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	3g	Folacin (mcg):	52mcg
Saturated Fat (g):	trace	Niacin (mg):	2mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0 0%

Carbohydrate (g):	23g
Dietary Fiber (g):	3g
Protein (g):	2g
Sodium (mg):	8mg
Potassium (mg):	650mg
Calcium (mg):	88mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	38mg
Vitamin A (i.u.):	13280IU
Vitamin A (r.e.):	1328RE

Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 113 Calories from Fat: 24

% Daily Values*

Total Fat 3g	4%
Saturated Fat trace	2%
Cholesterol 0mg	0%
Sodium 8mg	0%
Total Carbohydrates 23g	8%
Dietary Fiber 3g	14%
Protein 2g	

Vitamin A	266%
Vitamin C	63%
Calcium	9%
Iron	7%

* Percent Daily Values are based on a 2000 calorie diet.