

Roasted Butternut Squash

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Servings: 6

2 large (2-1/2 pounds ea) butternut squash, peeled, seeded and cut into one-inch pieces
2 tablespoons olive oil
1 teaspoon salt
1/2 teaspoon black pepper
2 tablespoons fresh sage, chopped

Preparation Time: 20 minutes

Bake: 45 minutes

Preheat the oven to 375 degrees.

Toss the squash with the olive oil and season with salt and pepper. Spread out on two baking sheets.

Bake for 45 minutes or until tender. Turn once.

Per Serving (excluding unknown items): 296 Calories; 5g Fat (13.7% calories from fat); 6g Protein; 67g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 378mg Sodium. Exchanges: 4 Grain(Starch); 1 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	296
% Calories from Fat:	13.7%
% Calories from Carbohydrates:	79.5%
% Calories from Protein:	6.8%
Total Fat (g):	5g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	67g
Dietary Fiber (g):	10g
Protein (g):	6g
Sodium (mg):	378mg
Potassium (mg):	2001mg

Vitamin B6 (mg):	.9mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.6mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	152mcg
Niacin (mg):	7mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	4
Lean Meat:	0
Vegetable:	0
Fruit:	0

Calcium (mg): 278mg
Iron (mg): 4mg
Zinc (mg): 1mg
Vitamin C (mg): 119mg
Vitamin A (i.u.): 44274IU
Vitamin A (r.e.): 4427 1/2RE

Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 296 Calories from Fat: 41

% Daily Values*

Total Fat	5g	8%
Saturated Fat	1g	4%
Cholesterol	0mg	0%
Sodium	378mg	16%
Total Carbohydrates	67g	22%
Dietary Fiber	10g	39%
Protein	6g	

Vitamin A	885%
Vitamin C	199%
Calcium	28%
Iron	22%

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