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Vegan Protein Squash Bowl ♦

This vegan protein squash bowl is a nutritious and delicious meal option. It is made with a variety of plant-based ingredients and is packed with protein. The squash adds a natural sweetness and the combination of flavors and textures make it a satisfying and filling dish. It can be enjoyed as a main course or as a side dish.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Butternut squash
150 g	Quinoa
200 g	Black Beans
200 g	Chickpeas
100 g	spinach

50 g	red onion
100 g	Cherry Tomatoes
100 g	Avocado
30 g	Lime
10 g	Cilantro
20 g	olive oil
5 g	salt
5 g	pepper
5 g	cumin

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 30 mins

Step 2

Roasting

Cut the butternut squash in half lengthwise and remove the seeds. Place the squash halves on a baking sheet, drizzle with olive oil, and season with salt and pepper. Roast in the preheated oven for 30 minutes or until tender.

Prep Time: 10 mins

Cook Time: 30 mins

Step 3

Boiling

While the squash is roasting, cook the quinoa according to package instructions.

Prep Time: 5 mins

Cook Time: 15 mins

Step 4

Mixing

In a large bowl, combine the cooked quinoa, black beans, chickpeas, spinach, red onion, cherry tomatoes, avocado, lime juice, cilantro, olive oil, salt, pepper, and cumin. Mix well to combine.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Mixing

Once the squash is cooked, remove it from the oven and let it cool slightly. Scoop out the flesh from the squash halves and add it to the quinoa mixture. Mix well to combine.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Plating

Divide the mixture into serving bowls and garnish with additional cilantro, if desired.

Serve warm or at room temperature.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 10 g

Protein: 15 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	10 g	26.32%	40%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	200 iu	22.22%	28.57%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	10 mg	1%	1%
Iron	20 mg	250%	111.11%
Potassium	600 mg	17.65%	23.08%
Zinc	2 mg	18.18%	25%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Blender

Oven

Stove

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Diet

Anti-Inflammatory Diet

Events

Picnic

Course

Drinks

Salads

Snacks

Sauces & Dressings

Meal Type

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Medium

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