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## Roasted Winter Squash ♦

Roasted winter squash is a delicious and nutritious side dish that can be enjoyed during the cold winter months. It is made by roasting winter squash in the oven until it is tender and caramelized. The natural sweetness of the squash pairs perfectly with savory herbs and spices. This recipe is a crowd-pleaser and is sure to be a hit at any gathering.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 40 mins

**Total Time:** 50 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 6

**Serving Size:** 100 g

### Ingredients

|                       |               |
|-----------------------|---------------|
| <b>1000 g</b>         | winter squash |
| <b>2 tbsp</b>         | olive oil     |
| <b>1<br/>teaspoon</b> | salt          |
| <b>1<br/>teaspoon</b> | black pepper  |

1  
teaspoon garlic powder

1  
teaspoon dried thyme

## Directions

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### Step 1

#### Preheating

Preheat the oven to 425°F (220°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Cutting

Cut the winter squash in half and remove the seeds. Peel the squash and cut it into 1-inch cubes.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 3

#### Mixing

In a large bowl, toss the cubed squash with olive oil, salt, black pepper, garlic powder, and dried thyme until evenly coated.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Spread the seasoned squash in a single layer on a baking sheet.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

**Baking**

Roast the squash in the preheated oven for 30-35 minutes, or until it is tender and caramelized, stirring once halfway through cooking.

**Prep Time:** 0 mins

**Cook Time:** 30 mins

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## Step 6

**Cooling**

Remove the roasted squash from the oven and let it cool for a few minutes before serving.

**Prep Time:** 0 mins

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**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 80 kcal

**Fat:** 2 g

**Protein:** 2 g

**Carbohydrates:** 16 g

## Nutrition Facts

### Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein  | 2 g   | 11.76%                 | 11.76%                   |

### Carbohydrates

| Nutrient      | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 16 g  | 29.09%                 | 32%                      |
| Fibers        | 4 g   | 10.53%                 | 16%                      |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Sugars   | 4 g   | N/A                    | N/A                      |
| Lactose  | 0 g   | N/A                    | N/A                      |

## Fats

| Nutrient            | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 1 g   | N/A                    | N/A                      |
| Saturated Fat       | 0 g   | 0%                     | 0%                       |
| Fat                 | 2 g   | 7.14%                  | 8%                       |
| Cholesterol         | 0 mg  | N/A                    | N/A                      |

## Vitamins

| Nutrient    | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|--------|------------------------|--------------------------|
| Vitamin A   | 170 iu | 18.89%                 | 24.29%                   |
| Vitamin C   | 30 mg  | 33.33%                 | 40%                      |
| Vitamin B6  | 10 mg  | 769.23%                | 769.23%                  |
| Vitamin B12 | 0 mcg  | 0%                     | 0%                       |
| Vitamin E   | 10 mg  | 66.67%                 | 66.67%                   |
| Vitamin D   | 0 mcg  | 0%                     | 0%                       |

## Minerals

| Nutrient  | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium    | 240 mg | 10.43%                 | 10.43%                   |
| Calcium   | 6 mg   | 0.6%                   | 0.6%                     |
| Iron      | 8 mg   | 100%                   | 44.44%                   |
| Potassium | 450 mg | 13.24%                 | 17.31%                   |
| Zinc      | 4 mg   | 36.36%                 | 50%                      |
| Selenium  | 2 mcg  | 3.64%                  | 3.64%                    |

## Recipe Attributes

### Seasonality

Winter Fall

### Events

Christmas Picnic

### Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

### Kitchen Tools

Slow Cooker

### Course

Appetizers Side Dishes Desserts Salads Snacks Sauces & Dressings

### Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah

### Difficulty Level

Medium

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