

Maple Roasted Butternut Squash, Brussels & Cranberries

Yield: 3 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/brussel-sprouts-butternut-squash-thanksgiving-recipe>

Ingredients:

- 1/2 butternut squash medium, roughly 3 lbs
- 1/2 stalk Brussels sprouts ~30 pieces
- 1 1/4 cups fresh cranberries
- 2 tablespoons avocado oil
- 3 tablespoons pure maple syrup
- salt
- black pepper

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 30 grams
3. Fat: 9 grams
4. Fiber: 4 grams
5. Protein: 1 grams
6. SaturatedFat: 1 grams
7. Sodium: 270 milligrams
8. Sugar: 15 grams

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