

Roasted Butternut Squash

Yield: 6 min
Total Time: 35 min

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

Ingredients:

- 1 butternut squash 2.5-3 lbs
- 2 tablespoons olive oil
- 1/2 teaspoon thyme leaves
- salt
- pepper
- fresh parsley optional

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 10 grams
3. Fat: 4.5 grams
4. Fiber: 2 grams
5. Protein: 1 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 135 milligrams
8. Sugar: 2 grams

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