

Roasted Delicata Squash w/ Rosemary

Yield: 4 min
Total Time: 32 min

Recipe from: <https://www.recipeschoose.com/recipes/delicata-squash-recipe-indian>

Ingredients:

- 2 delicata squash @ 1lb each, sliced in 1/2" slices
- 1 tablespoon fresh rosemary finely chopped
- 1 tablespoon olive oil
- 1 teaspoon sea salt
- 1/2 teaspoon cracked black pepper fresh

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 17 grams
3. Fat: 3.5 grams
4. Fiber: 6 grams
5. Protein: 6 grams
6. Sodium: 600 milligrams
7. Sugar: 11 grams

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