

Simple Roasted Red Kuri Squash

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-red-squash-recipe>

Ingredients:

- 1 red kuri squash about 2.5 lbs, seeds removed and cut into slices about 1-2 inches thick
- 4 shallots roughly sliced
- 3 tablespoons extra virgin olive oil
- sea salt
- black pepper

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 20 grams
3. Fat: 10 grams
4. Fiber: 1 grams
5. Protein: 4 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 210 milligrams

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