



A Panini Press Thanksgiving...Grilled Acorn Squash with Cranberry-Ginger Maple Syrup

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



274 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 acorn squash
- ☐ 2 tablespoons butter melted
- ☐ 0.3 cup cranberries dried
- ☐ 0.5 teaspoon a pinch of ground ginger fresh grated
- ☐ 0.5 cup maple syrup pure
- ☐ 0.3 cup walnuts toasted chopped

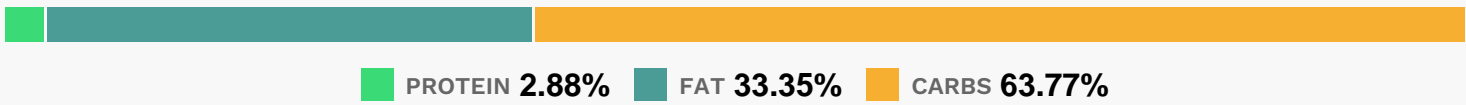
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ aluminum foil
- ☐ panini press

Directions

- ☐ Preheat the panini grill to medium-high heat.Slice the acorn squash in half lengthwise and then slice it into 1/2-inch thick slices crosswise.Working in batches as needed, brush melted butter onto as many slices of squash as will fit on your grill.
- ☐ Place the squash on the grill, buttered side down, and brush more butter on the other side. Close the grill so that the upper grates make contact with the squash without pressing it.Grill the squash until it is tender and dark grill marks appear, about 7 minutes.
- ☐ Transfer to the squash to a serving plate and cover the plate with foil to keep the squash warm while you grill the remaining batch(es).While the squash is grilling, bring the maple syrup, cranberries and ginger to a boil in a saucepan over high heat. Turn down the heat to medium-low and simmer for 2 to 3 minutes.
- ☐ Remove the syrup from the heat.
- ☐ Drizzle the cranberry-ginger maple syrup over the squash and garnish with toasted walnuts before serving.

Nutrition Facts



Properties

Glycemic Index:26.63, Glycemic Load:10, Inflammation Score:-6, Nutrition Score:10.889130357167%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 273.96kcal (13.7%), Fat: 10.65g (16.38%), Saturated Fat: 4.08g (25.51%), Carbohydrates: 45.81g (15.27%), Net Carbohydrates: 43.26g (15.73%), Sugar: 29.82g (33.13%), Cholesterol: 15.05mg (5.02%), Sodium: 52.46mg

(2.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Manganese: 1.46mg (72.93%), Vitamin B2: 0.54mg (31.64%), Vitamin C: 11.96mg (14.5%), Potassium: 505.4mg (14.44%), Magnesium: 55.46mg (13.87%), Vitamin B1: 0.2mg (13.59%), Vitamin A: 571.91IU (11.44%), Vitamin B6: 0.21mg (10.49%), Fiber: 2.54g (10.17%), Copper: 0.19mg (9.61%), Calcium: 89.24mg (8.92%), Phosphorus: 66.8mg (6.68%), Folate: 25.73µg (6.43%), Iron: 1.09mg (6.07%), Vitamin B5: 0.5mg (4.98%), Vitamin B3: 0.94mg (4.69%), Zinc: 0.67mg (4.47%), Vitamin E: 0.37mg (2.48%), Selenium: 1.15µg (1.65%), Vitamin K: 1.27µg (1.2%)