



Acorn Squash



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



188 kcal

SIDE DISH

Ingredients

- 2 acorn squash seeded cut in half,
- 4 tsp brown sugar
- 2 Tbsp butter
- 1 cup marshmallows jet-puffed miniature

Equipment

- bowl
- baking sheet
- oven

microwave

Directions

Heat oven to 375F.

Place squash halves in microwaveable dish; cover with waxed paper. Microwave on HIGH 12 to 14 min. or until tender, turning after 7 min.

Let stand, covered, 5 min.

Scoop squash from shells into medium bowl, leaving 1/4-inch-thick shells.

Add butter; mash until squash is smooth and butter is completely melted. Spoon into squash shells; place on baking sheet.

Sprinkle with sugar; top with marshmallows.

Bake 12 to 15 min. or until squash are heated through and marshmallows are lightly browned.

Nutrition Facts



PROTEIN 3.95% **FAT 25.89%** **CARBS 70.16%**

Properties

Glycemic Index:15.13, Glycemic Load:6.14, Inflammation Score:-7, Nutrition Score:9.6086955689218%

Nutrients (% of daily need)

Calories: 188.44kcal (9.42%), Fat: 5.88g (9.04%), Saturated Fat: 1.22g (7.63%), Carbohydrates: 35.82g (11.94%), Net Carbohydrates: 32.57g (11.85%), Sugar: 10.3g (11.45%), Cholesterol: 0mg (0%), Sodium: 83.37mg (3.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.03%), Vitamin C: 23.72mg (28.75%), Potassium: 755.61mg (21.59%), Vitamin A: 1041.28IU (20.83%), Vitamin B1: 0.3mg (20.17%), Manganese: 0.36mg (18.15%), Magnesium: 69.71mg (17.43%), Vitamin B6: 0.33mg (16.71%), Fiber: 3.24g (12.98%), Folate: 36.86µg (9.22%), Vitamin B5: 0.87mg (8.73%), Iron: 1.56mg (8.67%), Phosphorus: 80.32mg (8.03%), Copper: 0.15mg (7.69%), Calcium: 76.25mg (7.62%), Vitamin B3: 1.52mg (7.62%), Zinc: 0.29mg (1.91%), Selenium: 1.33µg (1.9%), Vitamin E: 0.22mg (1.45%), Vitamin B2: 0.02mg (1.43%)