



Acorn Squash Wedges with Maple-Harissa Glaze



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



110 kcal

SIDE DISH

Ingredients

- ☐ 2 medium acorn squash seeded cut into 3 wedges and
- ☐ 1.5 teaspoons harissa paste
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 tablespoons maple syrup
- ☐ 4 teaspoons sesame seed
- ☐ 1 tablespoon butter unsalted melted
- ☐ 1 tablespoon water

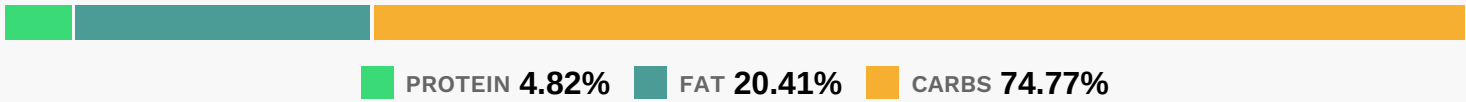
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Arrange squash, cut sides up, on a parchment-lined baking sheet. Coat squash lightly with cooking spray; sprinkle evenly with salt.
- ☐ Combine syrup, butter, 1 tablespoon water, and harissa in a bowl, stirring well; drizzle evenly into each squash cavity.
- ☐ Bake at 400 for 30 minutes.
- ☐ Sprinkle squash evenly with sesame seeds; bake 20 minutes or until seeds are toasted and squash is tender.

Nutrition Facts



Properties

Glycemic Index:11.92, Glycemic Load:2.51, Inflammation Score:-6, Nutrition Score:7.8182608183959%

Nutrients (% of daily need)

Calories: 109.99kcal (5.5%), Fat: 2.7g (4.16%), Saturated Fat: 1.32g (8.26%), Carbohydrates: 22.27g (7.42%), Net Carbohydrates: 19.93g (7.25%), Sugar: 6.16g (6.85%), Cholesterol: 5.02mg (1.67%), Sodium: 216.28mg (9.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.87%), Manganese: 0.5mg (25.17%), Vitamin C: 16mg (19.4%), Potassium: 532.49mg (15.21%), Vitamin B1: 0.22mg (14.63%), Magnesium: 52.98mg (13.24%), Vitamin A: 594.19IU (11.88%), Vitamin B6: 0.23mg (11.69%), Fiber: 2.34g (9.37%), Vitamin B2: 0.15mg (8.61%), Copper: 0.15mg (7.52%), Calcium: 72.32mg (7.23%), Iron: 1.22mg (6.79%), Folate: 25.9µg (6.47%), Phosphorus: 61.32mg (6.13%), Vitamin B5: 0.58mg (5.78%), Vitamin B3: 1.09mg (5.47%), Zinc: 0.37mg (2.43%), Selenium: 1.21µg (1.74%)