



1%
HEALTH SCORE

Acorn Squash with Apple

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



119 kcal

SIDE DISH

Ingredients

- 1 acorn squash
- 2 apples cored sliced
- 2 tablespoons brown sugar
- 2 tablespoons brown sugar
- 1 tablespoon butter
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon salt
- 1 tablespoon walnut pieces finely chopped

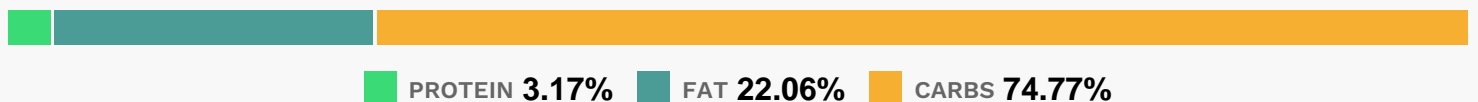
Equipment

- bowl
- knife
- pot
- plastic wrap
- microwave

Directions

- To easily peel the acorn squash without losing a lot of vegetable, gently drop the squash in a large pot of boiling water, and boil for 15 minutes.
- Pour off the boiling water and fill with cold water and let sit 5 minutes to cool. When cool enough to handle, use a knife to slice off the peel on the ridges and use a teaspoon to dig out the peel in the valleys. Slice the squash in half and remove the seeds and stem. Then slice the halves into sections and finally cut into 1 inch chunks.
- Place the squash chunks into a large microwave-safe bowl along with the apples. Dot with pieces of butter.
- Sprinkle the brown sugar, walnuts, salt and cinnamon over the top. Cover with plastic wrap, and poke a few holes in it for ventilation.
- Cook in the microwave for 7 1/2 minutes on full power.
- Remove, uncover, and stir. Return to the microwave, and cook for another 7 1/2 minutes on full power, until tender.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:2.24, Inflammation Score:-4, Nutrition Score:4.6852174119457%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 118.72kcal (5.94%), Fat: 3.16g (4.86%), Saturated Fat: 1.33g (8.34%), Carbohydrates: 24.07g (8.02%), Net Carbohydrates: 21.34g (7.76%), Sugar: 14.12g (15.69%), Cholesterol: 5.02mg (1.67%), Sodium: 213.85mg (9.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.04%), Vitamin C: 10.72mg (12.99%), Manganese: 0.23mg (11.64%), Fiber: 2.73g (10.93%), Potassium: 333.48mg (9.53%), Vitamin B1: 0.12mg (7.78%), Vitamin B6: 0.15mg (7.4%), Magnesium: 29.52mg (7.38%), Vitamin A: 355.52IU (7.11%), Copper: 0.09mg (4.7%), Folate: 15.82µg (3.96%), Phosphorus: 39.29mg (3.93%), Iron: 0.7mg (3.87%), Calcium: 37.97mg (3.8%), Vitamin B5: 0.35mg (3.48%), Vitamin B3: 0.59mg (2.94%), Vitamin B2: 0.03mg (1.55%), Vitamin K: 1.6µg (1.52%), Vitamin E: 0.18mg (1.19%), Zinc: 0.18mg (1.18%)