



## Acorn Squash with Butter Sauce



Vegetarian



Gluten Free



Low Fod Map

READY IN



14 min.

SERVINGS



4

CALORIES



121 kcal

SIDE DISH

### Ingredients

- 1.5 pounds acorn squash
- 1 tablespoon butter
- 0.3 teaspoon ground nutmeg
- 2 tablespoons maple syrup
- 0.1 teaspoon salt
- 0.3 cup water

### Equipment

- bowl

- frying pan
- paper towels
- oven
- knife
- plastic wrap
- baking pan
- microwave

## Directions

- Pierce squash several times with a sharp knife; place on paper towels in microwave oven. Microwave at HIGH 1 minute.
- Cut squash in half lengthwise. Discard seeds and membrane.
- Cut each squash half lengthwise into 4 wedges.
- Pour 1/3 cup water into an 11 x 7-inch baking dish.
- Place squash, cut sides up, in pan. Cover with plastic wrap, turning back 1 corner to vent (do not allow plastic wrap to touch food). Microwave at HIGH 10 minutes or until tender.
- Place butter in a small microwave-safe bowl. Cover and microwave at HIGH 20 seconds or until butter melts. Stir in syrup, nutmeg, and salt. Spoon sauce over squash wedges.

## Nutrition Facts



## Properties

Glycemic Index:39.13, Glycemic Load:2.49, Inflammation Score:-6, Nutrition Score:8.3804348613257%

## Nutrients (% of daily need)

Calories: 120.79kcal (6.04%), Fat: 3.05g (4.7%), Saturated Fat: 1.87g (11.67%), Carbohydrates: 24.53g (8.18%), Net Carbohydrates: 21.95g (7.98%), Sugar: 6.03g (6.7%), Cholesterol: 7.53mg (2.51%), Sodium: 102.18mg (4.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.8%), Manganese: 0.52mg (25.89%), Vitamin C: 18.71mg (22.68%), Potassium: 614.03mg (17.54%), Vitamin B1: 0.25mg (16.36%), Magnesium: 57.03mg (14.26%), Vitamin A: 711.85IU (14.24%), Vitamin B6: 0.26mg (13.11%), Fiber: 2.58g (10.31%), Vitamin B2: 0.15mg (8.55%), Folate: 29.12µg (7.28%), Calcium: 68.74mg (6.87%), Vitamin B5: 0.68mg (6.84%), Iron: 1.21mg (6.7%), Phosphorus: 62.34mg (6.23%),

Vitamin B3: 1.2mg (6.01%), Copper: 0.12mg (5.75%), Zinc: 0.3mg (1.99%), Selenium: 0.89µg (1.27%)