



Acorn Squash with Dates

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



115 kcal

SIDE DISH

Ingredients

- 1.5 lb acorn squash
- 2 tablespoons raisins chopped
- 1 tablespoon brown sugar packed
- 1.5 teaspoons butter

Equipment

- bowl
- paper towels
- oven

- knife
- plastic wrap
- microwave

Directions

- Pierce squash with knife in several places to allow steam to escape.
- Place on microwavable paper towel in microwave oven. Microwave uncovered about 5 minutes or until squash feels warm to the touch.
- Cut in half; remove seeds.
- In shallow microwavable dish, place squash halves, cut sides down. Cover with microwavable plastic wrap, folding back one edge or corner 1/4 inch to vent steam. Microwave on High 5 to 8 minutes, rotating dish every 2 minutes, until tender.
- Let stand 5 minutes.
- In small bowl, mix remaining ingredients. Turn squash cut sides up. Spoon date mixture into centers of squash. Microwave uncovered on High about 1 minute or until sugar is melted.
- Cut each squash half into 2 serving pieces.

Nutrition Facts



PROTEIN 4.91% **FAT 12.09%** **CARBS 83%**

Properties

Glycemic Index:14.7, Glycemic Load:3.16, Inflammation Score:-6, Nutrition Score:7.8717391917725%

Nutrients (% of daily need)

Calories: 115.12kcal (5.76%), Fat: 1.72g (2.65%), Saturated Fat: 0.36g (2.26%), Carbohydrates: 26.57g (8.86%), Net Carbohydrates: 23.51g (8.55%), Sugar: 2.91g (3.23%), Cholesterol: 0mg (0%), Sodium: 25.72mg (1.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.14%), Vitamin C: 19.12mg (23.18%), Potassium: 656.89mg (18.77%), Vitamin B1: 0.25mg (16.45%), Manganese: 0.31mg (15.3%), Magnesium: 57.01mg (14.25%), Vitamin B6: 0.28mg (13.87%), Vitamin A: 691.33IU (13.83%), Fiber: 3.06g (12.25%), Iron: 1.41mg (7.81%), Folate: 29.19µg (7.3%), Vitamin B5: 0.69mg (6.89%), Phosphorus: 67.41mg (6.74%), Copper: 0.13mg (6.73%), Vitamin B3: 1.28mg (6.39%), Calcium: 61.28mg (6.13%), Vitamin B2: 0.03mg (1.84%), Zinc: 0.24mg (1.57%), Selenium: 0.93µg (1.33%)