



Acorn Squash with Maple Syrup



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



169 kcal

SIDE DISH

Ingredients

- ☐ 2.3 pounds acorn squash
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 1.5 tablespoons butter light
- ☐ 3 tablespoons maple syrup
- ☐ 0.3 teaspoon salt

Equipment

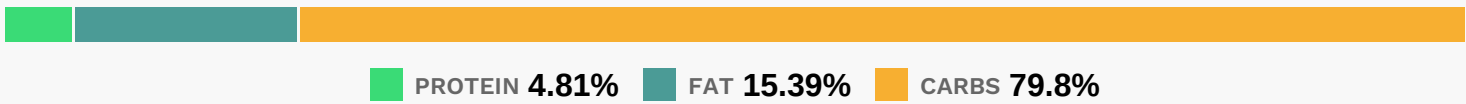
- ☐ bowl
- ☐ sauce pan

- ☐ whisk
- ☐ microwave

Directions

- ☐ Cut squash in half lengthwise; scoop out seeds and discard.
- ☐ Cut each piece in half.
- ☐ Place squash in a medium saucepan; cover with water. Bring to a boil; cover and cook 15 to 18 minutes or until tender.
- ☐ Drain well, and transfer to serving plates.
- ☐ Place butter, syrup, and salt in a small microwave-safe bowl. Microwave at HIGH 30 seconds; stir with a whisk. Spoon butter mixture over squash; sprinkle with cinnamon.

Nutrition Facts



Properties

Glycemic Index:10.38, Glycemic Load:3.69, Inflammation Score:-8, Nutrition Score:12.545652156939%

Nutrients (% of daily need)

Calories: 168.91kcal (8.45%), Fat: 3.15g (4.84%), Saturated Fat: 1.86g (11.6%), Carbohydrates: 36.74g (12.25%), Net Carbohydrates: 32.88g (11.96%), Sugar: 8.99g (9.99%), Cholesterol: 5.57mg (1.86%), Sodium: 156.24mg (6.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.43%), Manganese: 0.78mg (39.12%), Vitamin C: 28.07mg (34.02%), Potassium: 923.13mg (26.38%), Vitamin B1: 0.37mg (24.51%), Magnesium: 85.1mg (21.28%), Vitamin A: 1025.71IU (20.51%), Vitamin B6: 0.39mg (19.68%), Fiber: 3.86g (15.44%), Vitamin B2: 0.22mg (12.92%), Folate: 43.43µg (10.86%), Calcium: 103.78mg (10.38%), Iron: 1.87mg (10.37%), Vitamin B5: 1.02mg (10.21%), Phosphorus: 93.68mg (9.37%), Vitamin B3: 1.8mg (9%), Copper: 0.17mg (8.31%), Zinc: 0.45mg (3.01%), Selenium: 1.33µg (1.9%)