



## Acorn Squash with Red Onion and Currants

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



242 kcal

SIDE DISH

### Ingredients

- 2 medium acorn squash
- 2 pinches ground pepper
- 0.5 cup currants dried
- 5 medium garlic clove thinly sliced
- 0.3 cup honey
- 1 tablespoon paprika
- 2 medium onion red thinly sliced
- 3 tablespoons red wine vinegar

- 3 tablespoons sherry vinegar
- 4 tablespoons butter unsalted ()
- 0.3 cup vegetable oil

## Equipment

- bowl
- baking sheet
- sauce pan
- oven
- stove
- serrated knife

## Directions

- Heat oven to 325°F. Wash squash and, using a serrated knife, carefully cut in half and scoop out seeds.
- Cut each half into four lengthwise slices.
- Combine squash and oil in a bowl and toss to coat. Season with salt and freshly ground black pepper.
- Place on a baking sheet and roast until browned and completely tender when pierced with a fork, about 30 minutes. Meanwhile, combine butter and garlic in a medium saucepan over medium heat. Stir continuously and cook until garlic is golden and the butter browns slightly.
- Remove from heat and carefully add sherry vinegar.
- Add onions, paprika, cayenne pepper, currants, and honey, and return to stove over low heat. Cook, stirring occasionally, until onions are soft, about 10 minutes. Stir in red wine vinegar, and season well with salt and freshly ground black pepper.
- Serve squash hot, coated with sauce.

## Nutrition Facts



**PROTEIN 2.88%** **FAT 44.82%** **CARBS 52.3%**

## Properties

Glycemic Index:22.66, Glycemic Load:8.49, Inflammation Score:-7, Nutrition Score:8.3882609093967%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

## Nutrients (% of daily need)

Calories: 241.75kcal (12.09%), Fat: 12.81g (19.71%), Saturated Fat: 4.71g (29.41%), Carbohydrates: 33.63g (11.21%), Net Carbohydrates: 30.71g (11.17%), Sugar: 18.51g (20.57%), Cholesterol: 15.05mg (5.02%), Sodium: 11.43mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.71%), Vitamin A: 1112.66IU (22.25%), Vitamin C: 15.22mg (18.45%), Manganese: 0.32mg (16.23%), Potassium: 529.89mg (15.14%), Vitamin B6: 0.28mg (13.86%), Vitamin K: 14.36µg (13.68%), Vitamin B1: 0.19mg (12.38%), Fiber: 2.92g (11.68%), Magnesium: 43.75mg (10.94%), Iron: 1.33mg (7.39%), Vitamin E: 1.07mg (7.11%), Phosphorus: 65.17mg (6.52%), Folate: 25.68µg (6.42%), Copper: 0.13mg (6.38%), Calcium: 58.77mg (5.88%), Vitamin B3: 1.07mg (5.37%), Vitamin B5: 0.52mg (5.19%), Vitamin B2: 0.05mg (3.17%), Zinc: 0.33mg (2.18%), Selenium: 1.27µg (1.81%)