



Acorn Squash with Sweet Maple Glaze



Vegetarian



Gluten Free



Low Fod Map

READY IN



48 min.

SERVINGS



4

CALORIES



239 kcal

SIDE DISH

Ingredients

- ☐ 2 pound acorn squash seeds removed cut in half,
- ☐ 4 servings butter for topping
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons brown sugar light
- ☐ 2 tablespoons real maple syrup
- ☐ 2 tablespoons olive oil extra-virgin

Equipment

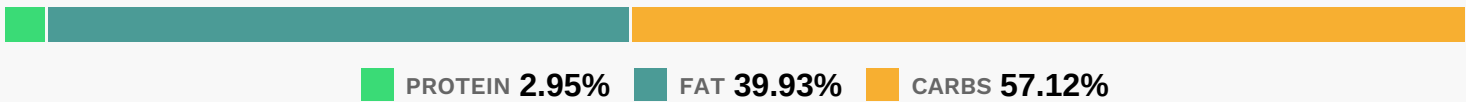
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 425 degrees F.
- ☐ Mix the olive oil, brown sugar, and maple syrup together in a small bowl.
- ☐ Put the acorn squash, cut side up, in a single layer on a baking sheet.
- ☐ Brush the glaze on the flesh of the squash and season with salt, and pepper, to taste.
- ☐ Put the squash in the oven and roast it until tender and golden brown, about 40 to 45 minutes.
- ☐ Remove the squash from the oven and transfer it to a serving dish. Top with butter and serve.

Nutrition Facts



Properties

Glycemic Index:29.63, Glycemic Load:2.47, Inflammation Score:-7, Nutrition Score:11.423478287847%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 238.5kcal (11.92%), Fat: 11.29g (17.36%), Saturated Fat: 3.59g (22.41%), Carbohydrates: 36.32g (12.11%), Net Carbohydrates: 32.9g (11.96%), Sugar: 11.82g (13.13%), Cholesterol: 10.75mg (3.58%), Sodium: 41.69mg (1.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.75%), Manganese: 0.63mg (31.27%), Vitamin C: 24.95mg (30.24%), Potassium: 820.06mg (23.43%), Vitamin B1: 0.32mg (21.63%), Vitamin A: 957.84IU (19.16%), Magnesium: 75.49mg (18.87%), Vitamin B6: 0.35mg (17.61%), Fiber: 3.43g (13.71%), Folate: 38.78µg (9.7%), Iron: 1.69mg (9.39%), Calcium: 92.44mg (9.24%), Vitamin B5: 0.92mg (9.22%), Vitamin B2: 0.15mg (8.92%), Phosphorus: 83.24mg (8.32%), Vitamin B3: 1.61mg (8.03%), Copper: 0.15mg (7.58%), Vitamin E: 1.13mg (7.5%), Vitamin K: 4.73µg (4.5%), Zinc: 0.37mg (2.48%), Selenium: 1.26µg (1.8%)