



Acorn Squash with Vegan Sweet Sage Butter



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



118 kcal

SIDE DISH

Ingredients

☐ 1 medium acorn squash seeded cut in half lengthwise and (medium)

☐ 2 Tablespoons dairy-free margarine generous (I used Earth Balance soy-free, but you could also sub in coconut oil and a pinch of salt)

☐ 1 Teaspoons sage fresh minced

☐ 1 Tablespoon honey (agave nectar, brown sugar, or maple syrup should also go nicely)

Equipment

☐ baking sheet

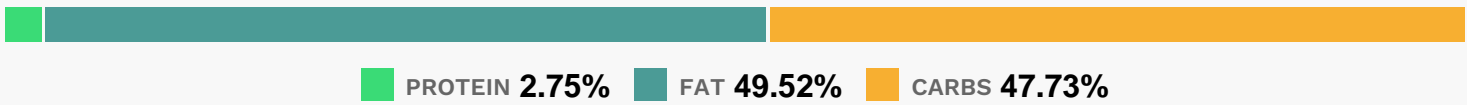
☐ sauce pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat your oven to 350°F.
- ☐ Place the prepared squash cut side down on a baking sheet or in a baking dish.
- ☐ Bake for 45 minutes, or until tender. Keep in mind, if you leave it cut side down after removing it from the oven, it will continue to soften and cook a bit. While the squash is baking, place the margarine in a small saucepan over medium-low to medium heat. Stir (not constantly, but with regularity) and cook until it just begins to brown, but do not let it burn (this took about 10 minutes for me – You can also see these more detailed instructions for browning butter)
- ☐ Remove the margarine from the heat and stir in the honey (or other sweetener) and sage. Allow the flavors to sit and meld while your squash cools for a few minutes.
- ☐ Cut each squash half into quarters (this is how I like to serve it), and evenly spoon the sweet sage butter into the squash sections and serve.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.61, Inflammation Score:-4, Nutrition Score:8.2669564122739%

Nutrients (% of daily need)

Calories: 118.41kcal (5.92%), Fat: 7.09g (10.91%), Saturated Fat: 5.81g (36.32%), Carbohydrates: 15.38g (5.13%), Net Carbohydrates: 13.72g (4.99%), Sugar: 3.57g (3.97%), Cholesterol: 0mg (0%), Sodium: 3.47mg (0.15%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.89g (1.78%), Copper: 1.59mg (79.31%), Vitamin C: 12.74mg (15.45%), Manganese: 0.23mg (11.5%), Potassium: 376.23mg (10.75%), Vitamin B1: 0.16mg (10.58%), Vitamin B6: 0.18mg (8.91%), Magnesium: 35.38mg (8.85%), Vitamin A: 395.44IU (7.91%), Fiber: 1.66g (6.65%), Folate: 19.89µg (4.97%), Iron: 0.82mg (4.55%), Vitamin B5: 0.43mg (4.31%), Vitamin B3: 0.79mg (3.95%), Phosphorus: 39.03mg (3.9%), Calcium: 38.96mg (3.9%), Vitamin B2: 0.02mg (1.18%), Vitamin K: 1.22µg (1.17%), Zinc: 0.15mg (1.01%)