



Apple-Filled Acorn Squash Rings with Curry Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



313 kcal

SIDE DISH

Ingredients

- ☐ 8 medium acorn squash rings 1-inch-thick unpeeled seeded (from 2 medium)
- ☐ 0.7 cup apple juice
- ☐ 6 tablespoons butter ()
- ☐ 1.5 tablespoons curry powder
- ☐ 0.5 cup currants dried
- ☐ 2.3 cups granny smith apples diced cored peeled
- ☐ 1 large onion chopped

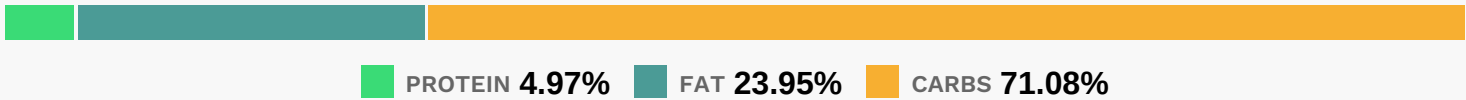
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ spatula
- ☐ skewers

Directions

- ☐ Melt 1 tablespoon butter in heavy large skillet over medium heat.
- ☐ Add onion and sauté until tender, about 12 minutes.
- ☐ Add 1 tablespoon curry powder; stir 1 minute.
- ☐ Add apples, apple juice, and currants. Sauté until liquid evaporates, about 6 minutes. Season filling to taste with salt and pepper. (Can be made 1 day ahead. Cover and refrigerate.)
- ☐ Preheat oven to 350°F. Melt 5 tablespoons butter in small skillet over medium heat.
- ☐ Add 1/2 tablespoon curry powder; stir until fragrant, about 1 minute.
- ☐ Transfer curry butter to bowl.
- ☐ Brush 2 large rimmed baking sheets with some curry butter. Arrange squash in single layer on sheets.
- ☐ Sprinkle with salt and pepper. Scoop filling into center of rings.
- ☐ Drizzle remaining curry butter over squash and filling (mostly on squash). Cover with foil.
- ☐ Bake squash rings until squash is tender when pierced with skewer, about 40 minutes. Using spatula, transfer squash rings with filling to plates.

Nutrition Facts



Properties

Glycemic Index:22.47, Glycemic Load:4.3, Inflammation Score:-9, Nutrition Score:21.222174004368%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 3.72mg, Epicatechin: 3.72mg, Epicatechin: 3.72mg, Epicatechin: 3.72mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg

Nutrients (% of daily need)

Calories: 313.41kcal (15.67%), Fat: 9.23g (14.2%), Saturated Fat: 5.54g (34.64%), Carbohydrates: 61.62g (20.54%), Net Carbohydrates: 53.15g (19.33%), Sugar: 12.22g (13.58%), Cholesterol: 22.58mg (7.53%), Sodium: 86.84mg (3.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.62%), Vitamin C: 51.21mg (62.07%), Potassium: 1672.64mg (47.79%), Manganese: 0.86mg (43.12%), Vitamin B1: 0.64mg (42.69%), Vitamin A: 1882.1IU (37.64%), Magnesium: 148.96mg (37.24%), Vitamin B6: 0.74mg (37.24%), Fiber: 8.47g (33.88%), Folate: 80.87µg (20.22%), Iron: 3.63mg (20.16%), Phosphorus: 181.41mg (18.14%), Vitamin B5: 1.79mg (17.95%), Copper: 0.34mg (16.79%), Calcium: 166.2mg (16.62%), Vitamin B3: 3.28mg (16.38%), Vitamin B2: 0.08mg (4.75%), Zinc: 0.7mg (4.66%), Vitamin E: 0.57mg (3.82%), Selenium: 2.63µg (3.76%), Vitamin K: 3.03µg (2.89%)