



Baked Acorn Squash

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



148 kcal

SIDE DISH

Ingredients

- 2 large acorn squash cleaned
- 0.5 cup firmly brown sugar packed
- 0.3 cup butter melted
- 0.1 cup orange juice

Equipment

- oven
- baking pan

Directions

- Place halves of squash, cut side down, in a shallow baking dish.
- Add 1 inch of water.
- Bake, uncovered, at 400 for 30 minutes or until tender.
- Remove squash from baking dish, and cut into quarters.
- Place in a 13- x 9- x 2-inch baking dish.
- Combine butter and orange juice; pour over squash.
- Sprinkle sugar over squash. Return to oven; bake 10 minutes.
- Garnish with orange slices, if desired.

Nutrition Facts

PROTEIN 2.47% **FAT 33.39%** **CARBS 64.14%**

Properties

Glycemic Index:6.5, Glycemic Load:0.21, Inflammation Score:-6, Nutrition Score:5.2682608725584%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 148.1kcal (7.4%), Fat: 5.83g (8.96%), Saturated Fat: 1.21g (7.55%), Carbohydrates: 25.18g (8.39%), Net Carbohydrates: 23.56g (8.57%), Sugar: 13.66g (15.18%), Cholesterol: 0mg (0%), Sodium: 74.02mg (3.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.94%), Vitamin C: 13.8mg (16.73%), Vitamin A: 656.94IU (13.14%), Potassium: 402.91mg (11.51%), Vitamin B1: 0.16mg (10.34%), Manganese: 0.19mg (9.46%), Magnesium: 36.36mg (9.09%), Vitamin B6: 0.17mg (8.69%), Fiber: 1.62g (6.5%), Calcium: 49.52mg (4.95%), Folate: 19.69µg (4.92%), Iron: 0.86mg (4.78%), Vitamin B5: 0.46mg (4.62%), Phosphorus: 41.63mg (4.16%), Vitamin B3: 0.79mg (3.93%), Copper: 0.08mg (3.91%), Vitamin E: 0.22mg (1.48%), Selenium: 0.71µg (1.01%)