



Baked Acorn Squash

 Vegetarian  Gluten Free  Low Fod Map

READY IN



50 min.

SERVINGS



8

CALORIES



121 kcal

SIDE DISH

Ingredients

- 4 acorn squash
- 4 teaspoons maple syrup
- 8 servings salt and pepper
- 2 tablespoons butter unsalted

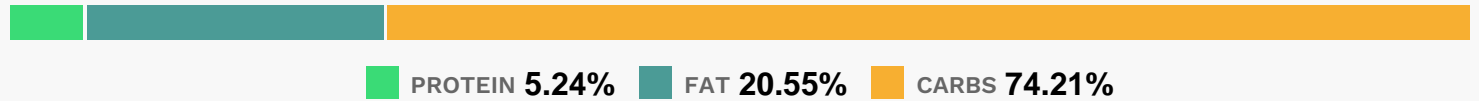
Equipment

- baking sheet
- oven
- aluminum foil

Directions

- Preheat oven to 375F and line a large rimmed baking sheet with foil. Lightly mist foil with cooking spray. Slice off tops of squash and cut each into quarters. Using a spoon, scoop out and discard seeds and fibers.
- Place 1/2 tsp. butter inside each squash quarter and drizzle each with 1/4 tsp. maple syrup.
- Sprinkle with salt and pepper.
- Place squash quarters on baking sheet, spaced far enough apart so they don't touch.
- Bake until squash is tender, 35 to 45 minutes.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:4.56, Glycemic Load:0.86, Inflammation Score:-7, Nutrition Score:9.6660870206745%

Nutrients (% of daily need)

Calories: 120.75kcal (6.04%), Fat: 3.05g (4.7%), Saturated Fat: 1.84g (11.52%), Carbohydrates: 24.82g (8.27%), Net Carbohydrates: 21.58g (7.85%), Sugar: 2.1g (2.33%), Cholesterol: 7.53mg (2.51%), Sodium: 200.96mg (8.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.51%), Vitamin C: 23.7mg (28.73%), Manganese: 0.44mg (22.05%), Potassium: 756.54mg (21.62%), Vitamin B1: 0.3mg (20.28%), Vitamin A: 878.35IU (17.57%), Magnesium: 69.77mg (17.44%), Vitamin B6: 0.33mg (16.6%), Fiber: 3.23g (12.93%), Folate: 36.74µg (9.18%), Vitamin B5: 0.87mg (8.66%), Iron: 1.51mg (8.41%), Phosphorus: 78.42mg (7.84%), Calcium: 75.89mg (7.59%), Vitamin B3: 1.51mg (7.56%), Copper: 0.14mg (7.04%), Vitamin B2: 0.07mg (3.95%), Zinc: 0.31mg (2.06%), Selenium: 1.11µg (1.59%)