



Baked Acorn Squash

 Vegetarian  Gluten Free  Low Fod Map

READY IN



70 min.

SERVINGS



4

CALORIES



325 kcal

SIDE DISH

Ingredients

- 2 acorn squash halved seeded
- 6 tablespoons brown sugar packed
- 6 tablespoons brown sugar packed
- 0.3 cup butter diced
- 0.5 teaspoon ground cinnamon
- 4 servings salt and pepper to taste

Equipment

- oven

baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place squash in a shallow baking pan, cut side down.
- Bake in preheated oven for 30 minutes, or until tender.
- Turn cut side up; season with salt and pepper, dot with butter and sprinkle with brown sugar and cinnamon.
- Bake for 20 minutes more.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:0.01, Inflammation Score:-7, Nutrition Score:10.342173945645%

Nutrients (% of daily need)

Calories: 325.34kcal (16.27%), Fat: 11.72g (18.04%), Saturated Fat: 7.34g (45.87%), Carbohydrates: 57.98g (19.33%), Net Carbohydrates: 54.62g (19.86%), Sugar: 34.93g (38.82%), Cholesterol: 30.5mg (10.17%), Sodium: 301.59mg (13.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.8%), Vitamin C: 23.71mg (28.74%), Vitamin A: 1146.17IU (22.92%), Potassium: 800.19mg (22.86%), Manganese: 0.43mg (21.35%), Vitamin B1: 0.3mg (20.16%), Magnesium: 72.64mg (18.16%), Vitamin B6: 0.35mg (17.37%), Fiber: 3.37g (13.46%), Calcium: 107.03mg (10.7%), Iron: 1.79mg (9.94%), Folate: 37.44µg (9.36%), Vitamin B5: 0.93mg (9.26%), Phosphorus: 82.58mg (8.26%), Copper: 0.16mg (7.9%), Vitamin B3: 1.56mg (7.79%), Selenium: 1.66µg (2.37%), Vitamin E: 0.34mg (2.23%), Zinc: 0.31mg (2.06%), Vitamin B2: 0.03mg (1.56%), Vitamin K: 1.07µg (1.02%)