



Baked Acorn Squash with Apple Stuffing



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



2

CALORIES



243 kcal

SIDE DISH

Ingredients

- ☐ 1 acorn squash halved seeded
- ☐ 1 apples diced
- ☐ 2 teaspoons butter cubed
- ☐ 2 tablespoons celery diced
- ☐ 1 pinch ground cinnamon to taste
- ☐ 1 teaspoon maple syrup
- ☐ 1 tablespoon olive oil
- ☐ 2 teaspoons onion minced

☐ 2 tablespoons water

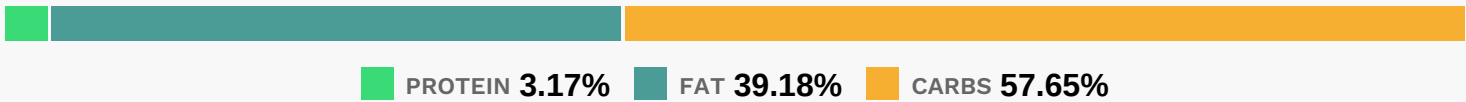
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Lightly grease a baking sheet with olive oil.
- ☐ Place squash, cut-side down, on baking sheet.
- ☐ Combine apple, celery, water, onion, and butter in a small baking dish; cover with aluminum foil.
- ☐ Bake squash and apple mixture in the preheated oven until squash and apple are tender, about 45 minutes. Fill squash halves with apple mixture; drizzle with maple syrup and sprinkle with cinnamon.

Nutrition Facts



Properties

Glycemic Index:91.25, Glycemic Load:4.26, Inflammation Score:-8, Nutrition Score:12.065217547443%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 242.87kcal (12.14%), Fat: 11.44g (17.6%), Saturated Fat: 3.61g (22.57%), Carbohydrates: 37.88g (12.63%), Net Carbohydrates: 32.25g (11.73%), Sugar: 11.76g (13.06%), Cholesterol: 10.75mg (3.58%), Sodium: 47.22mg (2.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.17%), Vitamin C: 28.29mg (34.29%), Potassium: 878.45mg (25.1%), Manganese: 0.5mg (25.03%), Fiber: 5.63g (22.53%), Vitamin B1: 0.32mg (21.49%), Vitamin A: 1001.23IU (20.02%), Magnesium: 75.64mg (18.91%), Vitamin B6: 0.38mg (18.89%), Folate: 42.78µg (10.7%), Vitamin B5: 0.95mg (9.46%), Iron: 1.69mg (9.39%), Phosphorus: 91.35mg (9.14%), Vitamin E: 1.31mg (8.75%), Calcium: 86.77mg (8.68%), Copper: 0.17mg (8.55%), Vitamin K: 8.95µg (8.52%), Vitamin B3: 1.63mg (8.13%), Vitamin B2: 0.1mg (5.68%), Zinc: 0.36mg (2.42%), Selenium: 1.17µg (1.68%)