



Baked Acorn Squash with Apricot Preserves



Vegetarian



Gluten Free

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READY IN

ready

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55 min.

SERVINGS

servings

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4

CALORIES

calories

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97 kcal

SIDE DISH

Ingredients



1 acorn squash halved seeded



3 tablespoons apricot preserves



2 teaspoons butter



4 servings salt to taste

Equipment



oven

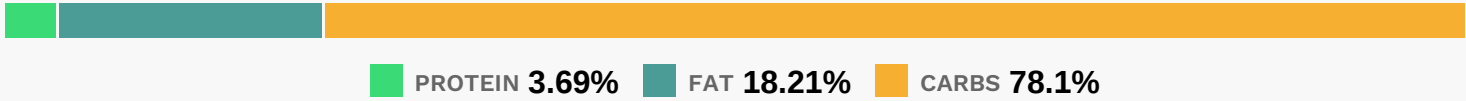


baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Place squash halves cut side down in a baking dish. Fill the dish with water to the depth of 1/4 inch.
- ☐ Bake 40 minutes in the preheated oven.
- ☐ Remove squash from oven, and set the oven to broil. Turn squash cut side up in the dish, and season lightly with salt.
- ☐ Place 1 teaspoon butter and 1 1/2 tablespoons apricot preserves in each squash half. Return to oven, and broil 5 minutes, or until butter is melted and squash is lightly browned.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:4.9347825824567%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 97.32kcal (4.87%), Fat: 2.17g (3.33%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 20.89g (6.96%), Net Carbohydrates: 19.23g (6.99%), Sugar: 6.51g (7.24%), Cholesterol: 5.38mg (1.79%), Sodium: 219.1mg (9.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.98%), Vitamin C: 13.17mg (15.97%), Potassium: 386.08mg (11.03%), Vitamin B1: 0.15mg (10.07%), Vitamin A: 488.67IU (9.77%), Manganese: 0.19mg (9.32%), Magnesium: 35.13mg (8.78%), Vitamin B6: 0.17mg (8.45%), Fiber: 1.66g (6.64%), Folate: 18.54µg (4.64%), Iron: 0.83mg (4.61%), Vitamin B5: 0.44mg (4.37%), Copper: 0.09mg (4.26%), Phosphorus: 39.84mg (3.98%), Calcium: 39.28mg (3.93%), Vitamin B3: 0.76mg (3.8%), Selenium: 0.86µg (1.23%), Zinc: 0.15mg (1.01%)