



# Baked Acorn Squash With Brown Sugar Is the Easiest (and Best) Fall Side Dish

 Vegetarian  Gluten Free  Low Fod Map

READY IN



60 min.

SERVINGS



4

CALORIES



233 kcal

SIDE DISH

## Ingredients

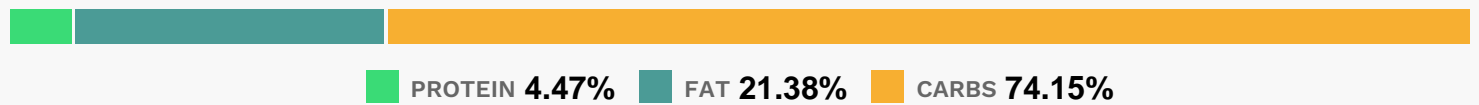
- 2 tablespoons butter plus more for surface
- 3 pounds acorn squash
- 2 tablespoons brown sugar
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- 1 serving coarse mustard

## Equipment

## Directions

- Creamy
- Baked Acorn Squash
- Honey Roasted Acorn Squash
- Roasted Acorn Squash With Cinnamon Butter
- Roasted Acorn Squash With Pomegranate Glaze
- Roasted Spiced Acorn Squash

## Nutrition Facts



## Properties

Glycemic Index:20.5, Glycemic Load:0.01, Inflammation Score:-8, Nutrition Score:15.001739109988%

## Nutrients (% of daily need)

Calories: 232.63kcal (11.63%), Fat: 6.06g (9.32%), Saturated Fat: 3.67g (22.95%), Carbohydrates: 47.29g (15.76%), Net Carbohydrates: 42.13g (15.32%), Sugar: 11.66g (12.96%), Cholesterol: 15.05mg (5.02%), Sodium: 72.33mg (3.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.7%), Vitamin C: 37.43mg (45.37%), Potassium: 1199.99mg (34.29%), Vitamin B1: 0.48mg (31.93%), Manganese: 0.58mg (29.05%), Vitamin A: 1424.33IU (28.49%), Magnesium: 110.68mg (27.67%), Vitamin B6: 0.53mg (26.49%), Fiber: 5.16g (20.63%), Folate: 58.25µg (14.56%), Vitamin B5: 1.39mg (13.88%), Iron: 2.49mg (13.82%), Phosphorus: 125.98mg (12.6%), Calcium: 124.69mg (12.47%), Vitamin B3: 2.4mg (12.02%), Copper: 0.23mg (11.38%), Selenium: 2.34µg (3.34%), Zinc: 0.46mg (3.07%), Vitamin B2: 0.04mg (2.19%), Vitamin E: 0.17mg (1.11%)