



## Chile-Roasted Acorn Squash



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



150 kcal

SIDE DISH

### Ingredients

- ☐ 2 large acorn squash
- ☐ 1.5 tablespoons chipotle sauce    canned minced
- ☐ 7 tablespoons canola oil
- ☐ 6 tablespoons brown sugar    dark packed
- ☐ 2 tsp kosher salt

### Equipment

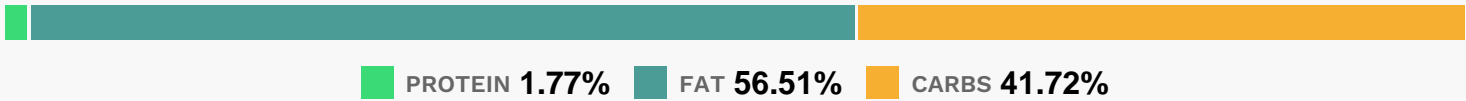
- ☐ bowl
- ☐ oven

- ☐ baking pan
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 40
- ☐ Cut squash in half and scoop out seeds.
- ☐ Cut each half into 3 wedges. In a small bowl, stir remaining ingredients together with 1 tbsp. water.
- ☐ Slather wedges with chile mixture, holding over bowl to catch drips (use about half of mixture). Set wedges in an oiled rimmed baking pan; cover loosely with foil.
- ☐ Bake squash 15 minutes. Uncover and drizzle with remaining chile mixture.
- ☐ Bake until very tender, about 25 minutes more.
- ☐ Sprinkle with salt to taste.
- ☐ Make ahead: Chill, covered, up to 1 day; reheat 20 minutes at 35

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:4.609565226928%

## Nutrients (% of daily need)

Calories: 149.97kcal (7.5%), Fat: 9.89g (15.21%), Saturated Fat: 0.74g (4.62%), Carbohydrates: 16.42g (5.47%), Net Carbohydrates: 14.9g (5.42%), Sugar: 7.13g (7.93%), Cholesterol: 0mg (0%), Sodium: 469.72mg (20.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.4%), Vitamin C: 9.48mg (11.49%), Vitamin E: 1.72mg (11.43%), Potassium: 308.79mg (8.82%), Vitamin B1: 0.12mg (8.05%), Manganese: 0.15mg (7.49%), Magnesium: 28.24mg (7.06%), Vitamin B6: 0.14mg (6.78%), Vitamin K: 6.99µg (6.65%), Vitamin A: 316.47IU (6.33%), Fiber: 1.52g (6.07%), Iron: 0.71mg (3.96%), Folate: 14.73µg (3.68%), Vitamin B5: 0.35mg (3.54%), Calcium: 34.71mg (3.47%), Phosphorus: 31.32mg (3.13%), Vitamin B3: 0.61mg (3.06%), Copper: 0.06mg (2.99%)