



WHATSheATE



Cinnamon Squash Rings

READY IN



60 min.

SERVINGS



6

CALORIES



245 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons brown sugar packed
- ☐ 2 tablespoons milk
- ☐ 1 eggs
- ☐ 0.8 cup breadcrumbs soft (1 slice bread)
- ☐ 0.3 cup cornmeal
- ☐ 2 teaspoons ground cinnamon
- ☐ 1.5 pounds acorn squash seeded
- ☐ 0.3 cup butter melted

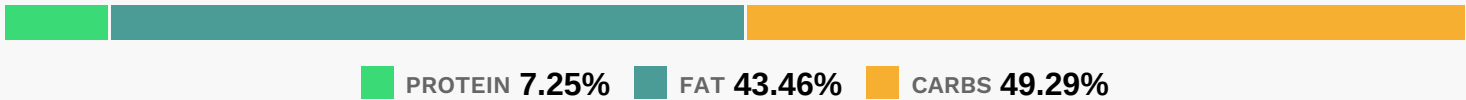
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 400°.
- ☐ Mix brown sugar, milk and egg.
- ☐ Mix bread crumbs, cornmeal and cinnamon. Dip squash slices into egg mixture, then coat with bread crumb mixture.
- ☐ Place squash in ungreased rectangular pan, 13x9x2 inches.
- ☐ Drizzle with butter.
- ☐ Bake uncovered 30 to 35 minutes or until tender.

Nutrition Facts



Properties

Glycemic Index:18.58, Glycemic Load:2.98, Inflammation Score:-7, Nutrition Score:9.6656522128893%

Nutrients (% of daily need)

Calories: 245.13kcal (12.26%), Fat: 12.24g (18.82%), Saturated Fat: 2.69g (16.79%), Carbohydrates: 31.22g (10.41%), Net Carbohydrates: 27.94g (10.16%), Sugar: 5.1g (5.67%), Cholesterol: 27.88mg (9.29%), Sodium: 234.91mg (10.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.19%), Manganese: 0.48mg (23.86%), Vitamin B1: 0.32mg (21.09%), Vitamin A: 916.94IU (18.34%), Vitamin C: 12.52mg (15.18%), Potassium: 472.39mg (13.5%), Fiber: 3.29g (13.14%), Magnesium: 51.8mg (12.95%), Vitamin B6: 0.25mg (12.47%), Iron: 1.86mg (10.31%), Phosphorus: 101.06mg (10.11%), Folate: 39.63µg (9.91%), Selenium: 6.78µg (9.69%), Vitamin B3: 1.88mg (9.4%), Calcium: 86.56mg (8.66%), Vitamin B5: 0.72mg (7.17%), Vitamin B2: 0.12mg (6.9%), Copper: 0.13mg (6.68%), Zinc: 0.68mg (4.51%), Vitamin E: 0.52mg (3.47%), Vitamin B12: 0.15µg (2.54%), Vitamin D: 0.2µg (1.34%), Vitamin K: 1.15µg (1.09%)