



Classic Baked Acorn Squash



Vegetarian



Gluten Free



Popular



Low Fod Map

READY IN



85 min.

SERVINGS



2

CALORIES



202 kcal

SIDE DISH

Ingredients



1 acorn squash



2 Tbsp brown sugar



1 Tbsp butter



2 teaspoons maple syrup



1 Dash salt

Equipment



oven



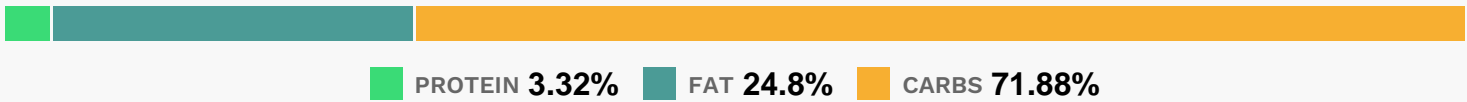
knife

- ☐ baking pan
- ☐ chefs knife

Directions

- ☐ Preheat oven to 400°F. 2 Using a strong chef's knife, and perhaps a rubber mallet to help, cut the acorn squash in half, lengthwise, from stem to end. Use a spoon to scoop out the seeds and stringy stuff in the center of each half. Score the insides of each half several times with a sharp knife.
- ☐ Place each half in a baking pan, cut side up.
- ☐ Add about a 1/4 inch of water to the bottom of the baking pan so that the skins don't burn and the squash doesn't get dried out.3 Coat the inside of each half with 1/2 a Tbsp of butter.
- ☐ Add a dash of salt if you are using unsalted butter.
- ☐ Add a Tbsp of brown sugar to the cavity of each half. Dribble on a teaspoon of maple syrup to each half. 4
- ☐ Bake in the oven for 1 hour to 1 hour 15 minutes, until the squash is very soft and the tops are browned. Do not undercook. When finished, remove from oven and let cool a little before serving. Spoon any buttery sugar sauce that has not already been absorbed by the squash over the exposed areas.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:1.72, Inflammation Score:-7, Nutrition Score:10.281304376929%

Nutrients (% of daily need)

Calories: 201.61kcal (10.08%), Fat: 5.97g (9.19%), Saturated Fat: 3.69g (23.09%), Carbohydrates: 38.95g (12.98%), Net Carbohydrates: 35.72g (12.99%), Sugar: 15.84g (17.6%), Cholesterol: 15.27mg (5.09%), Sodium: 75.49mg (3.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.6%), Vitamin C: 23.7mg (28.73%), Manganese: 0.53mg (26.43%), Potassium: 781.2mg (22.32%), Vitamin B1: 0.31mg (20.44%), Vitamin A: 968.31IU (19.37%), Magnesium: 71.65mg (17.91%), Vitamin B6: 0.34mg (16.85%), Fiber: 3.23g (12.93%), Folate: 36.97µg (9.24%), Calcium: 90.42mg (9.04%), Iron: 1.6mg (8.91%), Vitamin B5: 0.89mg (8.86%), Phosphorus: 79.76mg (7.98%), Vitamin B3: 1.53mg (7.65%), Copper: 0.15mg (7.29%), Vitamin B2: 0.11mg (6.64%), Zinc: 0.34mg (2.26%), Selenium: 1.29µg (1.85%), Vitamin E: 0.16mg (1.1%)