



## Fruit-Filled Acorn Squash

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



244 kcal

SIDE DISH

### Ingredients

- 3 pound acorn squash
- 1.5 cups apples i use 2 granny smith apples diced
- 1 tablespoon butter
- 16 ounce whole-berry cranberry sauce canned

### Equipment

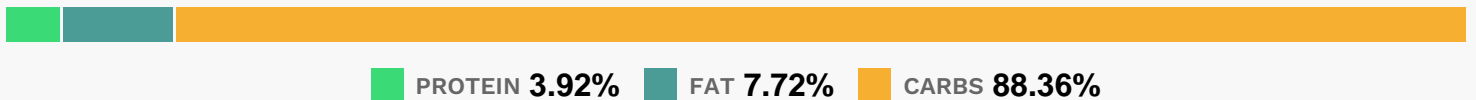
- frying pan
- paper towels
- oven

- baking pan
- microwave

## Directions

- Place squash in a 13 x 9-inch baking dish.
- Bake at 400 for 45 minutes or until tender.
- Melt margarine in a medium nonstick skillet over medium heat.
- Add apple; saut 5 minutes. Stir in cranberry sauce; cook 2 minutes or until apple is tender, stirring occasionally.
- Cut squash in half lengthwise, and discard seeds and membrane. Spoon 1/3 cup fruit filling into each squash half.
- Microwave directions: Pierce squash with a fork, and arrange on paper towels in microwave oven. Microwave at HIGH 9 to 10 minutes or until tender. Prepare fruit fillings as directed above.

## Nutrition Facts



## Properties

Glycemic Index:5.33, Glycemic Load:1.14, Inflammation Score:-7, Nutrition Score:11.141739199019%

## Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.04mg, Myricetin: 2.04mg, Myricetin: 2.04mg, Myricetin: 2.04mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

## Nutrients (% of daily need)

Calories: 243.95kcal (12.2%), Fat: 2.27g (3.49%), Saturated Fat: 0.45g (2.82%), Carbohydrates: 58.51g (19.5%), Net Carbohydrates: 53.52g (19.46%), Sugar: 27.29g (30.32%), Cholesterol: 0mg (0%), Sodium: 32.9mg (1.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.19%), Vitamin C: 27.15mg (32.9%), Potassium: 842.57mg (24.07%), Vitamin B1: 0.33mg (22.29%), Manganese: 0.44mg (21.75%), Fiber: 4.98g (19.93%), Vitamin A: 964.43IU (19.29%), Magnesium: 75.72mg (18.93%), Vitamin B6: 0.37mg (18.64%), Iron: 1.93mg (10.75%), Folate: 40.27µg (10.07%), Vitamin B5: 0.93mg (9.28%), Phosphorus: 88.64mg (8.86%), Copper: 0.18mg (8.78%), Vitamin B3: 1.69mg (8.46%), Calcium: 79.69mg (7.97%), Vitamin E: 0.83mg (5.54%), Vitamin B2: 0.05mg (2.8%), Zinc: 0.33mg (2.2%), Selenium: 1.44µg (2.05%), Vitamin K: 1.75µg (1.66%)