



## Fruited Acorn Squash



Vegetarian



Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



189 kcal

SIDE DISH

### Ingredients

- ☐ 2 pound acorn squash
- ☐ 0.3 teaspoon curry powder
- ☐ 2 tablespoons cranberries dried (such as Craisins)
- ☐ 2 tablespoons golden raisins
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon nutmeg
- ☐ 1.5 teaspoons brown sugar light
- ☐ 4 teaspoons butter light

- ☐ 0.1 teaspoon pepper
- ☐ 2 tablespoons pistachios chopped
- ☐ 0.1 teaspoon salt

## Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Preheat oven to 35
- ☐ Cut a small slice from both ends of squash so halves sit upright.
- ☐ Cut squash in half crosswise; discard seeds and stringy pulp.
- ☐ Place squash halves, cut sides up, in an 11 x 7-inch baking dish.
- ☐ Place 1 teaspoon butter in center of each squash half.
- ☐ Combine brown sugar and remaining 8 ingredients in a small bowl; stir well.
- ☐ Sprinkle brown sugar mixture evenly into center of each squash half.
- ☐ Cover and bake at 350 for 1 hour and 15 minutes or until squash is tender.

## Nutrition Facts



## Properties

Glycemic Index:46.67, Glycemic Load:3.35, Inflammation Score:-7, Nutrition Score:11.635652260288%

## Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg

Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 188.88kcal (9.44%), Fat: 4.8g (7.39%), Saturated Fat: 1.99g (12.41%), Carbohydrates: 38.5g (12.83%), Net Carbohydrates: 33.91g (12.33%), Sugar: 11.65g (12.94%), Cholesterol: 5.22mg (1.74%), Sodium: 83.08mg (3.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.07%), Vitamin C: 25.43mg (30.83%), Potassium: 893.8mg (25.54%), Manganese: 0.49mg (24.7%), Vitamin B1: 0.35mg (23.52%), Vitamin B6: 0.44mg (22.15%), Magnesium: 81mg (20.25%), Vitamin A: 933.42IU (18.67%), Fiber: 4.59g (18.36%), Copper: 0.23mg (11.58%), Iron: 2.01mg (11.18%), Phosphorus: 111.69mg (11.17%), Folate: 41.01µg (10.25%), Vitamin B5: 0.96mg (9.57%), Calcium: 88.7mg (8.87%), Vitamin B3: 1.77mg (8.86%), Vitamin B2: 0.05mg (2.89%), Zinc: 0.43mg (2.87%), Vitamin E: 0.36mg (2.4%), Selenium: 1.59µg (2.27%), Vitamin K: 1.32µg (1.25%)