



Fruited Acorn Squash



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



162 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds acorn squash
- ☐ 3 tablespoons brown sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.8 cup cranberry-orange relish chopped
- ☐ 0.8 cup pineapple in juice canned crushed drained

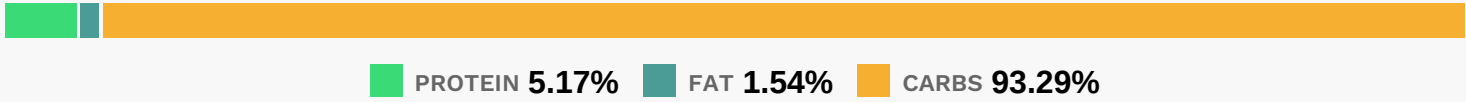
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Cut each squash in half crosswise; remove and discard seeds.
- ☐ Place squash halves, cut side down, in a 15- x 10- x 1-inch jellyroll pan lightly coated with cooking spray.
- ☐ Bake, uncovered, at 350 for 35 minutes.
- ☐ Combine pineapple, orange, and brown sugar; spoon evenly into squash halves.
- ☐ Sprinkle with cinnamon.
- ☐ Bake, uncovered, an additional 10 to 15 minutes or until fruit mixture is thoroughly heated. If desired, garnish with orange rind curls and cinnamon sticks.

Nutrition Facts



Properties

Glycemic Index:11.88, Glycemic Load:1.35, Inflammation Score:-8, Nutrition Score:12.44173920932%

Flavonoids

Hesperetin: 9.2mg, Hesperetin: 9.2mg, Hesperetin: 9.2mg, Hesperetin: 9.2mg Naringenin: 5.17mg, Naringenin: 5.17mg, Naringenin: 5.17mg, Naringenin: 5.17mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 161.76kcal (8.09%), Fat: 0.31g (0.47%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 41.93g (13.98%), Net Carbohydrates: 37.14g (13.51%), Sugar: 16.73g (18.59%), Cholesterol: 0mg (0%), Sodium: 9.69mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.65%), Vitamin C: 46.1mg (55.88%), Potassium: 903.2mg (25.81%), Vitamin B1: 0.38mg (25.44%), Manganese: 0.44mg (21.83%), Magnesium: 82mg (20.5%), Vitamin B6: 0.4mg (19.95%), Fiber: 4.79g (19.14%), Vitamin A: 925.99IU (18.52%), Folate: 50.48µg (12.62%), Calcium: 103.75mg (10.37%), Copper: 0.2mg (10.2%), Vitamin B5: 1mg (10.04%), Iron: 1.8mg (10.01%), Vitamin B3: 1.79mg (8.96%), Phosphorus: 89.27mg (8.93%), Vitamin B2: 0.04mg (2.55%), Zinc: 0.36mg (2.4%), Selenium: 1.55µg (2.22%)