



## Fruity Acorn Squash Bake

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

READY IN



75 min.

SERVINGS



8

CALORIES



169 kcal

SIDE DISH

### Ingredients

- 2 lb acorn squash seeded
- 2 Tbsp brown sugar
- 2 Tbsp butter divided melted
- 0.5 cup cranberries dried
- 1 Tbsp honey
- 1 pears peeled cut into 1/2-inch pieces
- 8 oz pineapple chunks in juice drained finely chopped canned
- 0.3 cup planters slivered almonds toasted

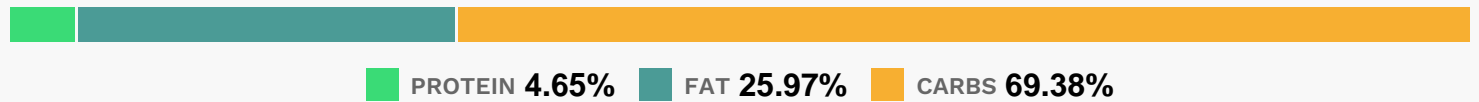
## Equipment

- bowl
- frying pan
- oven
- aluminum foil

## Directions

- Heat oven to 375F.
- Cut thin slice off rounded side of each squash half to prevent it from tipping over.
- Place in single layer in foil-lined pan; brush insides evenly with about half the butter.
- Combine fruit and nuts in medium bowl.
- Add sugar and honey; mix lightly. Spoon into squash halves; brush with remaining butter.
- Bake 1 hour or until squash is tender.
- Cut in half.

## Nutrition Facts



## Properties

Glycemic Index:12.38, Glycemic Load:2.16, Inflammation Score:-6, Nutrition Score:7.7708695892083%

## Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

## Nutrients (% of daily need)

Calories: 168.98kcal (8.45%), Fat: 5.32g (8.19%), Saturated Fat: 0.79g (4.96%), Carbohydrates: 31.99g (10.66%), Net Carbohydrates: 28.26g (10.28%), Sugar: 16.97g (18.86%), Cholesterol: 0mg (0%), Sodium: 38.28mg (1.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Vitamin C: 16.13mg (19.55%), Manganese: 0.33mg (16.35%), Fiber: 3.73g (14.91%), Potassium: 497.98mg (14.23%), Magnesium: 54.98mg (13.74%), Vitamin B1: 0.2mg (13.39%), Vitamin A: 561.15IU (11.22%), Vitamin B6: 0.21mg (10.68%), Vitamin E: 1.45mg (9.68%), Copper: 0.18mg (8.79%), Phosphorus: 68.76mg (6.88%), Iron: 1.14mg (6.34%), Folate: 24.35µg (6.09%), Calcium: 60.44mg (6.04%), Vitamin B3: 1.12mg (5.61%), Vitamin B5: 0.51mg (5.11%), Vitamin B2: 0.08mg (4.63%), Zinc: 0.35mg (2.35%), Vitamin K: 1.75µg (1.67%), Selenium: 0.99µg (1.41%)