



Gingered Acorn Squash

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



95 kcal

SIDE DISH

Ingredients

- 2 medium acorn squash halved seeded
- 0.5 teaspoon ground ginger
- 0.3 teaspoon ground nutmeg
- 4 tablespoons orange juice fresh

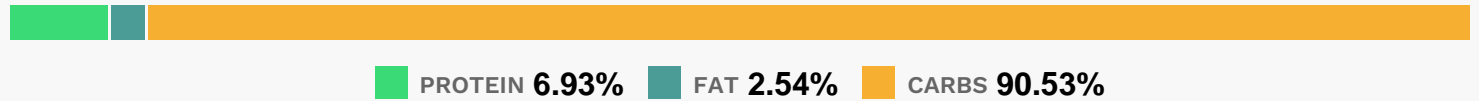
Equipment

- oven
- baking pan
- aluminum foil

Directions

- Preheat the oven to 375 degrees F (190 degrees C).
- Arrange squash halves cut side up in a shallow baking dish.
- Place one tablespoon of orange juice into each cavity.
- Sprinkle each one with ginger and nutmeg. Cover the dish with aluminum foil.
- Bake for 60 to 90 minutes in the preheated oven, or until the squash is tender. Baking time will depend on the size of the squash.
- Remove from the oven, discard aluminum foil, and let the squash rest for 5 minutes before serving to let the juices settle.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:0.93, Inflammation Score:-7, Nutrition Score:10.197826134446%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 95.34kcal (4.77%), Fat: 0.31g (0.47%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 24.46g (8.15%), Net Carbohydrates: 21.14g (7.69%), Sugar: 1.47g (1.64%), Cholesterol: 0mg (0%), Sodium: 6.72mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.75%), Vitamin C: 32.21mg (39.04%), Manganese: 0.45mg (22.46%), Potassium: 785.52mg (22.44%), Vitamin B1: 0.32mg (21.17%), Magnesium: 71.59mg (17.9%), Vitamin B6: 0.34mg (17.02%), Vitamin A: 825.09IU (16.5%), Fiber: 3.33g (13.31%), Folate: 41.86µg (10.47%), Vitamin B5: 0.9mg (8.95%), Iron: 1.6mg (8.87%), Phosphorus: 81.16mg (8.12%), Vitamin B3: 1.6mg (8.01%), Copper: 0.15mg (7.5%), Calcium: 73.5mg (7.35%), Zinc: 0.3mg (2%), Selenium: 1.24µg (1.77%), Vitamin B2: 0.03mg (1.6%)