



## Gingered Pears in Acorn Squash

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



356 kcal

SIDE DISH

### Ingredients

- 3 medium acorn squash
- 0.5 cup firmly brown sugar packed
- 0.3 cup butter melted
- 2 teaspoons ginger fresh minced
- 0.5 cup hazelnuts toasted chopped
- 3 cups pears red ripe chopped

### Equipment

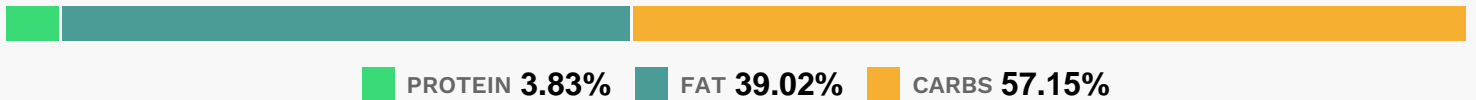
- oven

- baking pan
- microwave
- kitchen towels

## Directions

- Make a small cut into each squash; microwave at HIGH 1 to 2 minutes to ease halving squash.
- Cut squash in half crosswise; remove and discard seeds.
- Place squash, cut side up, in a 13" x 9" x 2" baking dish.
- Combine pear, brown sugar, ginger, butter, and, if desired, liqueur; spoon evenly into squash halves.
- Add boiling water to a depth of 1/2" to dish. Cover and bake at 350 for 1 hour and 15 minutes or until squash is tender.
- Transfer squash to a serving dish; sprinkle with toasted hazelnuts.
- \*To remove hazelnut skins, cook hazelnuts with 1 teaspoon baking soda in boiling water 30 to 45 seconds.
- Drain nuts; rub with dish towel (skins come right off). Dry before toasting.

## Nutrition Facts



## Properties

Glycemic Index:11.13, Glycemic Load:3.7, Inflammation Score:-8, Nutrition Score:15.203043313778%

## Flavonoids

Cyanidin: 2.33mg, Cyanidin: 2.33mg, Cyanidin: 2.33mg, Cyanidin: 2.33mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg Epicatechin: 3.05mg, Epicatechin: 3.05mg, Epicatechin: 3.05mg, Epicatechin: 3.05mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

## Nutrients (% of daily need)

Calories: 355.76kcal (17.79%), Fat: 16.57g (25.48%), Saturated Fat: 2.62g (16.35%), Carbohydrates: 54.58g (18.19%), Net Carbohydrates: 47.87g (17.41%), Sugar: 26.08g (28.97%), Cholesterol: 0mg (0%), Sodium: 131.41mg (5.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.32%), Manganese: 1.03mg (51.46%), Vitamin C: 27.86mg (33.76%), Potassium: 941.61mg (26.9%), Fiber: 6.71g (26.85%), Vitamin A: 1264.11IU (25.28%), Vitamin B1: 0.38mg (25.14%), Magnesium: 93.21mg (23.3%), Vitamin B6: 0.42mg (21.06%), Copper: 0.39mg (19.41%), Folate: 53.95µg (13.49%), Vitamin E: 1.99mg (13.26%), Iron: 2.26mg (12.54%), Phosphorus: 120.1mg (12.01%), Calcium: 108.87mg (10.89%), Vitamin B5: 1.03mg (10.29%), Vitamin B3: 1.85mg (9.23%), Vitamin K: 4.96µg (4.73%), Zinc: 0.61mg (4.09%), Vitamin B2: 0.06mg (3.45%), Selenium: 1.62µg (2.32%)