



## Glazed Acorn Squash



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



196 kcal

SIDE DISH

### Ingredients

- ☐ 2 lb acorn squash
- ☐ 4 tablespoons maple syrup
- ☐ 4 tablespoons whipping cream (heavy)

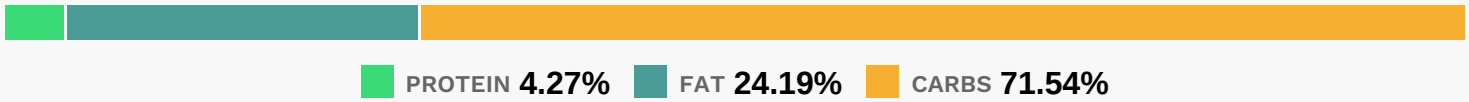
### Equipment

- ☐ frying pan
- ☐ oven

# Directions

- ☐ Heat oven to 350F.
- ☐ Cut each squash lengthwise in half; remove seeds and fibers. In ungreased 13x9-inch pan, place squash, cut sides up. Spoon 1 tablespoon maple syrup and 1 tablespoon whipping cream into each half.
- ☐ Bake uncovered about 1 hour or until tender.

## Nutrition Facts



## Properties

Glycemic Index:9.13, Glycemic Load:4.92, Inflammation Score:-7, Nutrition Score:12.206956342511%

## Nutrients (% of daily need)

Calories: 195.72kcal (9.79%), Fat: 5.64g (8.68%), Saturated Fat: 3.5g (21.86%), Carbohydrates: 37.53g (12.51%), Net Carbohydrates: 34.13g (12.41%), Sugar: 12.42g (13.8%), Cholesterol: 16.95mg (5.65%), Sodium: 12.65mg (0.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.48%), Manganese: 0.84mg (41.94%), Vitamin C: 25.04mg (30.35%), Potassium: 846.23mg (24.18%), Vitamin B1: 0.33mg (22.25%), Vitamin A: 1052.84IU (21.06%), Magnesium: 77.82mg (19.46%), Vitamin B2: 0.3mg (17.93%), Vitamin B6: 0.35mg (17.73%), Fiber: 3.4g (13.61%), Calcium: 106.54mg (10.65%), Folate: 39.16µg (9.79%), Vitamin B5: 0.95mg (9.45%), Iron: 1.62mg (9.03%), Phosphorus: 90.35mg (9.03%), Vitamin B3: 1.61mg (8.07%), Copper: 0.15mg (7.45%), Zinc: 0.47mg (3.14%), Selenium: 1.58µg (2.26%), Vitamin D: 0.24µg (1.6%)