

Golden Baked Acorn Squash

 Vegetarian  Gluten Free  Low Fod Map

READY IN



60 min.

SERVINGS



4

CALORIES



272 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 acorn squash halved seeded
- 3 tablespoons brandy
- 3 tablespoons brown sugar
- 3 tablespoons brown sugar
- 3 tablespoons butter divided
- 3 tablespoons orange juice concentrate frozen thawed

Equipment

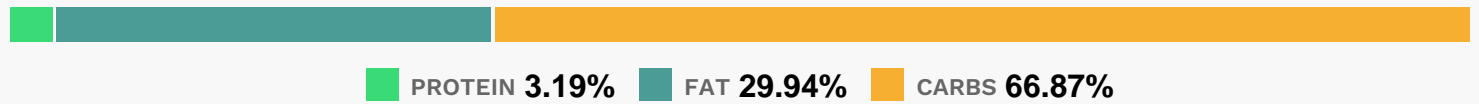
- sauce pan

- oven
- knife
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Melt 1 tablespoon butter in a 9x13 inch baking dish. Coat pan evenly with melted butter.
- In a saucepan, mix the remaining butter, brown sugar, frozen orange juice concentrate, and brandy . Bring to a boil, and remove from heat.
- Place squash halves cut side down in the baking dish, and bake 30 minutes, or until easily pierced with a knife. Turn squash over, and drizzle with the sauce. Continue baking 15 minutes. Cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:11.321739137173%

Nutrients (% of daily need)

Calories: 272.29kcal (13.61%), Fat: 8.76g (13.47%), Saturated Fat: 5.45g (34.05%), Carbohydrates: 44.02g (14.67%), Net Carbohydrates: 40.68g (14.79%), Sugar: 20.76g (23.07%), Cholesterol: 22.58mg (7.53%), Sodium: 79.91mg (3.47%), Alcohol: 3.76g (100%), Alcohol %: 1.79% (100%), Protein: 2.1g (4.2%), Vitamin C: 39.79mg (48.23%), Potassium: 844.23mg (24.12%), Vitamin B1: 0.33mg (22.23%), Vitamin A: 1095.31IU (21.91%), Manganese: 0.38mg (18.94%), Magnesium: 74.67mg (18.67%), Vitamin B6: 0.37mg (18.43%), Fiber: 3.34g (13.37%), Folate: 45.67µg (11.42%), Vitamin B5: 0.96mg (9.59%), Iron: 1.68mg (9.33%), Calcium: 92.79mg (9.28%), Phosphorus: 88.04mg (8.8%), Vitamin B3: 1.66mg (8.28%), Copper: 0.16mg (7.87%), Vitamin B2: 0.05mg (2.65%), Zinc: 0.32mg (2.11%), Vitamin E: 0.31mg (2.07%), Selenium: 1.44µg (2.06%)