



## Granola Crusted Acorn Squash

 Vegetarian

READY IN



65 min.

SERVINGS



6

CALORIES



174 kcal

SIDE DISH

### Ingredients

- 2 acorn squash
- 0.3 cup butter melted
- 1 tablespoon rosemary leaves fresh chopped
- 0.5 cup cereal french organic cascadian farm®
- 2 tablespoons parsley fresh chopped
- 1 teaspoon salt
- 0.5 teaspoon pepper

### Equipment

bowl

oven

## Directions

Heat oven to 375°F. Spray 3-quart casserole with cooking spray.

Cut each squash in half; scoop out seeds.

Cut squash into 1/2-inch-thick slices. Arrange slices, overlapping slightly, in casserole.

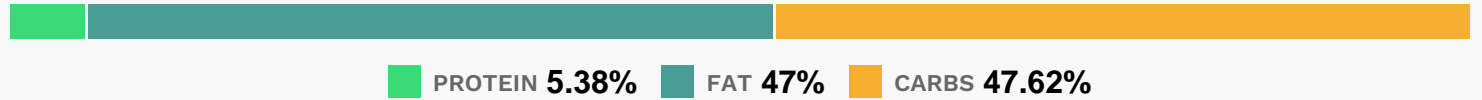
In small bowl, mix melted butter and rosemary. In another small bowl, mix granola and 1 tablespoon of the butter mixture.

Brush squash slices with remaining butter mixture.

Sprinkle with parsley, salt, pepper and granola mixture.

Cover; bake 30 to 40 minutes or until squash is tender when pierced with fork. Uncover; bake 5 to 10 minutes longer or until lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:19, Glycemic Load:0.04, Inflammation Score:-7, Nutrition Score:9.5634782573451%

## Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

## Nutrients (% of daily need)

Calories: 174.1kcal (8.7%), Fat: 9.68g (14.9%), Saturated Fat: 5.13g (32.07%), Carbohydrates: 22.07g (7.36%), Net Carbohydrates: 19.25g (7%), Sugar: 2.09g (2.33%), Cholesterol: 20.34mg (6.78%), Sodium: 456.93mg (19.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.99%), Manganese: 0.54mg (27%), Vitamin K: 23.25µg (22.14%), Vitamin C: 17.66mg (21.41%), Vitamin A: 886.6IU (17.73%), Potassium: 552.15mg (15.78%), Vitamin B1: 0.23mg (15.64%), Magnesium: 56.68mg (14.17%), Vitamin B6: 0.24mg (11.83%), Fiber: 2.82g (11.27%), Iron: 1.57mg (8.75%), Phosphorus: 85.14mg (8.51%), Folate: 30.58µg (7.65%), Vitamin B5: 0.65mg (6.53%), Copper: 0.13mg (6.42%), Calcium: 62.3mg (6.23%), Vitamin B3: 1.13mg (5.64%), Vitamin E: 0.62mg (4.15%), Selenium: 2.58µg (3.69%), Zinc: 0.42mg (2.79%), Vitamin B2: 0.04mg (2.24%)