



Granola Crusted Acorn Squash



Vegetarian



Gluten Free



Low Fod Map

READY IN



65 min.

SERVINGS



6

CALORIES



196 kcal

SIDE DISH

Ingredients

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

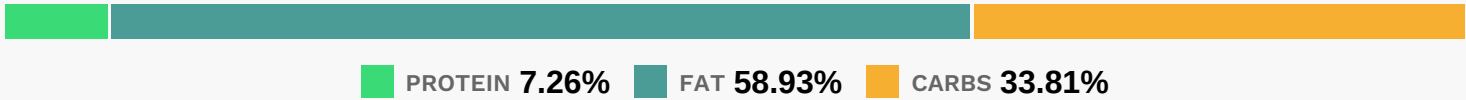
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 375F. 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:20.67, Glycemic Load:0.14, Inflammation Score:-7, Nutrition Score:11.557825924262%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 195.62kcal (9.78%), Fat: 13.8g (21.23%), Saturated Fat: 5.36g (33.49%), Carbohydrates: 17.81g (5.94%), Net Carbohydrates: 14.03g (5.1%), Sugar: 0.54g (0.6%), Cholesterol: 20.34mg (6.78%), Sodium: 453.69mg (19.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.65%), Manganese: 0.54mg (26.99%), Vitamin E:

3.28mg (21.88%), Vitamin K: 22.8µg (21.72%), Vitamin C: 17.65mg (21.39%), Magnesium: 79.6mg (19.9%), Vitamin A: 886.72IU (17.73%), Potassium: 600.05mg (17.14%), Vitamin B1: 0.23mg (15.17%), Fiber: 3.78g (15.11%), Vitamin B6: 0.24mg (12.03%), Phosphorus: 112.57mg (11.26%), Copper: 0.22mg (11.08%), Vitamin B2: 0.16mg (9.15%), Iron: 1.57mg (8.74%), Calcium: 85.61mg (8.56%), Folate: 32.37µg (8.09%), Vitamin B3: 1.46mg (7.32%), Vitamin B5: 0.65mg (6.51%), Zinc: 0.59mg (3.92%), Selenium: 1.31µg (1.87%)