



HEALTH SCORE

79%

Grilled Maple- and Pecan-Topped Butternut Squash



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



65 min.

SERVINGS



4

CALORIES



305 kcal

SIDE DISH

Ingredients

- ☐ 3 lb butternut squash
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons butter melted
- ☐ 2 teaspoons orange zest grated
- ☐ 4 tablespoons maple syrup pure
- ☐ 0.3 cup pecans chopped

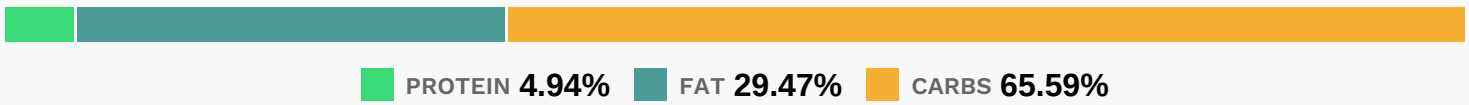
Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat coals or gas grill for direct heat.
- ☐ Cut four 18x12-inch pieces of heavy-duty foil.
- ☐ Cut each squash lengthwise in half; remove seeds.
- ☐ Place squash half, cut side up, on each piece of foil.
- ☐ Sprinkle with salt.
- ☐ In small bowl, mix butter, orange peel and 2 tablespoons of the maple syrup.
- ☐ Brush over squash halves. Fold foil over squash so edges meet. Seal edges, making tight 1/2-inch fold; fold again. Allow space on sides for circulation and expansion.
- ☐ Cover and grill packets over medium-low heat 50 to 60 minutes, rotating packets 1/2 turn after 25 minutes, until squash is tender.
- ☐ Place packets on plates.
- ☐ Cut large X across top of each packet; fold back foil.
- ☐ Sprinkle pecans over squash; drizzle with remaining 2 tablespoons maple syrup.

Nutrition Facts



Properties

Glycemic Index:11.63, Glycemic Load:4.95, Inflammation Score:-10, Nutrition Score:26.228695480396%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 305.46kcal (15.27%), Fat: 10.88g (16.74%), Saturated Fat: 1.66g (10.39%), Carbohydrates: 54.5g (18.17%), Net Carbohydrates: 46.94g (17.07%), Sugar: 19.74g (21.93%), Cholesterol: 0mg (0%), Sodium: 226.79mg (9.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.21%), Vitamin A: 36421.06IU (728.42%), Vitamin C: 72.89mg (88.35%), Manganese: 1.45mg (72.71%), Potassium: 1275.51mg (36.44%), Vitamin E: 5.21mg (34.76%), Magnesium: 128.54mg (32.14%), Fiber: 7.56g (30.26%), Vitamin B6: 0.54mg (27.03%), Vitamin B1: 0.4mg (26.68%), Folate: 93.72µg (23.43%), Vitamin B3: 4.19mg (20.94%), Vitamin B2: 0.33mg (19.67%), Calcium: 193.66mg (19.37%), Copper: 0.33mg (16.39%), Iron: 2.59mg (14.36%), Vitamin B5: 1.43mg (14.3%), Phosphorus: 132.95mg (13.3%), Zinc: 0.96mg (6.41%), Vitamin K: 3.98µg (3.79%), Selenium: 1.97µg (2.81%)