



HEALTH SCORE

100%

Healthy Baked Honey Squash



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



50 min.

SERVINGS



4

CALORIES



266 kcal

SIDE DISH

Ingredients



2 large acorn squash



1 teaspoon agave nectar (see note in article above if you prefer a sweeter squash)



1 cup dairy free almond plus almond milk beverage so delicious® (for nut-free try Dairy Free Coconut Milk Beverage and see the note above on coconut and nut allergies)



0.5 teaspoon garlic powder



1 cup freshly tea green brewed (such as Celestial Seasonings)



0.3 teaspoon ground coriander



1 teaspoon ground ginger



1 teaspoon vanilla extract

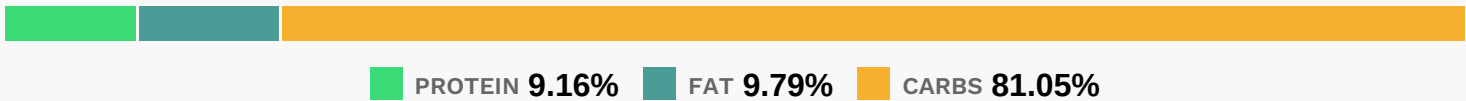
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat your oven to 350° F.Slice the squash in half lengthwise, and remove and discard the seeds and stringy bits.
- ☐ Lay the squash cut sides down in a shallow baking pan.
- ☐ Pour the green tea over the squash and bake for 35 minutes.Meanwhile, in a small bowl, whisk together the remaining ingredients.
- ☐ Remove the squash from the oven and flip each half over.
- ☐ Pour the almond milk mixture over each half (into the wells) and return to the squash to your oven for another 20 minutes, or until the squash is tender.
- ☐ Remove the squash from the oven, and let it cool for 10 minutes before serving.
- ☐ Serve warm, and with a little extra honey or agave, if desired.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:1.08, Inflammation Score:-9, Nutrition Score:42.489565331003%

Nutrients (% of daily need)

Calories: 265.61kcal (13.28%), Fat: 3.56g (5.47%), Saturated Fat: 0.98g (6.11%), Carbohydrates: 66.21g (22.07%), Net Carbohydrates: 37.49g (13.63%), Sugar: 4.33g (4.82%), Cholesterol: 0mg (0%), Sodium: 103.1mg (4.48%), Alcohol: 0.34g (100%), Alcohol %: 0.13% (100%), Protein: 7.49g (14.97%), Vitamin K: 368.28µg (350.75%), Manganese: 3.49mg (174.31%), Iron: 23.42mg (130.1%), Fiber: 28.72g (114.88%), Calcium: 1092.58mg (109.26%), Vitamin E: 10.83mg (72.18%), Magnesium: 230.57mg (57.64%), Vitamin B6: 0.96mg (48.24%), Folate: 177.8µg (44.45%), Potassium: 1507.27mg (43.06%), Vitamin A: 1797.13IU (35.94%), Vitamin C: 25.52mg (30.94%), Vitamin B1: 0.41mg

(27.45%), Copper: 0.52mg (26.05%), Vitamin B3: 4.33mg (21.64%), Vitamin B2: 0.34mg (20.04%), Phosphorus: 168.11mg (16.81%), Vitamin B5: 1.41mg (14.12%), Zinc: 1.91mg (12.72%), Selenium: 4.18µg (5.98%)