



Herb-Roasted Acorn Squash



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



73 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds acorn squash
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 teaspoons oregano fresh chopped

Equipment

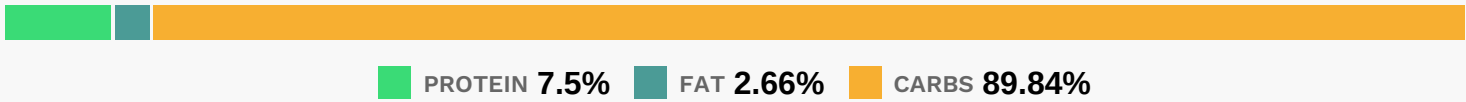
- ☐ bowl

- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 45
- ☐ Combine parsley and next 4 ingredients in a small bowl.
- ☐ Cut squash in half lengthwise. Discard seeds and membranes.
- ☐ Cut each half lengthwise into 4 wedges.
- ☐ Place wedges, cut sides up, in a large roasting pan. Coat squash with cooking spray; top with parsley mixture.
- ☐ Bake at 450 for 24 minutes, turning squash after 12 minutes.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.09, Inflammation Score:-9, Nutrition Score:10.235652042472%

Flavonoids

Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 72.58kcal (3.63%), Fat: 0.25g (0.38%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 18.82g (6.27%), Net Carbohydrates: 15.63g (5.68%), Sugar: 0.06g (0.06%), Cholesterol: 0mg (0%), Sodium: 151.92mg (6.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.14%), Vitamin K: 39.12µg (37.26%), Vitamin C: 22.99mg (27.87%), Manganese: 0.36mg (18.13%), Potassium: 620.87mg (17.74%), Vitamin A: 857.6IU (17.15%), Vitamin B1: 0.24mg (16.14%), Magnesium: 59.84mg (14.96%), Vitamin B6: 0.28mg (13.89%), Fiber: 3.2g (12.79%), Iron: 1.86mg (10.36%), Folate: 34.79µg (8.7%), Calcium: 79.28mg (7.93%), Vitamin B5: 0.7mg (7.03%), Phosphorus: 65.03mg (6.5%), Vitamin B3: 1.28mg (6.41%), Copper: 0.13mg (6.32%), Zinc: 0.29mg (1.92%), Vitamin B2: 0.03mg (1.71%), Vitamin E: 0.2mg (1.32%), Selenium: 0.9µg (1.29%)