



Honey-Roasted Acorn Squash Rings



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



204 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds acorn squash
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons honey
- ☐ 4 teaspoons olive oil
- ☐ 0.3 teaspoon salt

Equipment

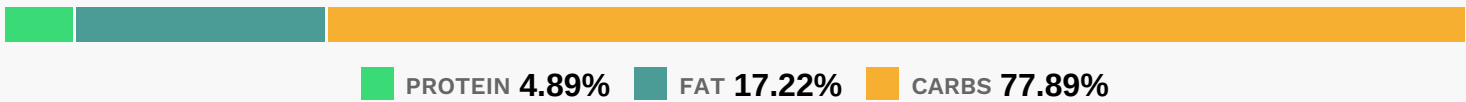
- ☐ bowl
- ☐ frying pan

☐ oven

Directions

- ☐ Preheat the oven to 37
- ☐ Cut 1/4 inch from stem end and bottom of each squash, and discard.
- ☐ Cut each squash in half crosswise. Discard the seeds and membrane.
- ☐ Cut each squash half crosswise into 2 (1-inch-thick) slices.
- ☐ Combine 2 tablespoons honey, 4 teaspoons olive oil, black pepper, and 1/4 teaspoon salt in a large bowl.
- ☐ Add squash, and toss to coat.
- ☐ Place squash on a jelly-roll pan coated with cooking spray.
- ☐ Bake at 375 for 30 minutes or until tender.

Nutrition Facts



Properties

Glycemic Index:21.07, Glycemic Load:4.54, Inflammation Score:-8, Nutrition Score:14.986956430518%

Nutrients (% of daily need)

Calories: 203.99kcal (10.2%), Fat: 4.35g (6.69%), Saturated Fat: 0.63g (3.92%), Carbohydrates: 44.26g (14.75%), Net Carbohydrates: 39.07g (14.21%), Sugar: 8.62g (9.58%), Cholesterol: 0mg (0%), Sodium: 156.1mg (6.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.56%), Vitamin C: 37.47mg (45.42%), Potassium: 1189.33mg (33.98%), Vitamin B1: 0.48mg (31.77%), Manganese: 0.61mg (30.44%), Magnesium: 109.5mg (27.38%), Vitamin B6: 0.53mg (26.36%), Vitamin A: 1249.88IU (25%), Fiber: 5.19g (20.75%), Folate: 58.09µg (14.52%), Iron: 2.47mg (13.74%), Vitamin B5: 1.37mg (13.71%), Phosphorus: 123.28mg (12.33%), Vitamin B3: 2.4mg (11.98%), Copper: 0.23mg (11.42%), Calcium: 114.13mg (11.41%), Vitamin E: 0.58mg (3.86%), Zinc: 0.47mg (3.12%), Vitamin K: 2.82µg (2.68%), Selenium: 1.8µg (2.57%), Vitamin B2: 0.04mg (2.26%)