



Honey-Spice Acorn Squash

 Vegetarian  Gluten Free

READY IN



85 min.

SERVINGS



4

CALORIES



361 kcal

SIDE DISH

Ingredients

- 4 medium acorn squash
- 0.3 cup butter melted
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground ginger
- 0.3 cup honey
- 0.5 teaspoon salt

Equipment

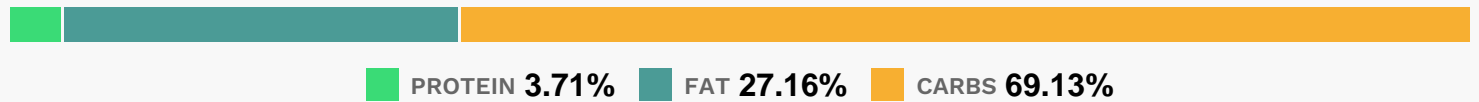
- bowl

- oven
- baking pan

Directions

- In a large bowl, combine the honey, butter, salt, cinnamon and ginger.
- Cut squash in half; discard the seeds. Fill squash halves with butter mixture.
- Place in a greased 15-in. x 10-in. x 1-in. baking pan. Cover and bake at 375° for 1 hour or until squash is tender. Uncover; bake 10 minutes longer or until filling is bubbly.
- Serve four squash halves.
- Drain and discard butter mixture from remaining squash; mash. Refrigerate squash for another use.

Nutrition Facts



Properties

Glycemic Index:26.82, Glycemic Load:12.14, Inflammation Score:-9, Nutrition Score:19.338695594798%

Nutrients (% of daily need)

Calories: 360.73kcal (18.04%), Fat: 11.94g (18.38%), Saturated Fat: 7.39g (46.17%), Carbohydrates: 68.39g (22.8%), Net Carbohydrates: 61.78g (22.47%), Sugar: 23.21g (25.79%), Cholesterol: 30.5mg (10.17%), Sodium: 396.02mg (17.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.34%), Vitamin C: 47.56mg (57.64%), Potassium: 1515.91mg (43.31%), Manganese: 0.81mg (40.33%), Vitamin B1: 0.6mg (40.28%), Vitamin A: 1936.72IU (38.73%), Magnesium: 139.12mg (34.78%), Vitamin B6: 0.67mg (33.6%), Fiber: 6.61g (26.42%), Folate: 74.28µg (18.57%), Iron: 3.18mg (17.65%), Vitamin B5: 1.76mg (17.6%), Phosphorus: 159.99mg (16%), Vitamin B3: 3.07mg (15.35%), Calcium: 148.9mg (14.89%), Copper: 0.29mg (14.58%), Zinc: 0.64mg (4.29%), Selenium: 2.6µg (3.71%), Vitamin B2: 0.06mg (3.47%), Vitamin E: 0.33mg (2.21%)