



How to Make Baked Acorn Squash

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



179 kcal

SIDE DISH

Ingredients

- 2 acorn squash seeded cut in half lengthwise and
- 1 tablespoon brown sugar
- 1 pinch cayenne pepper
- 4 servings ground pepper black to taste
- 2 tablespoons maple syrup
- 2 tablespoons orange juice fresh
- 4 servings salt to taste
- 2 tablespoons butter unsalted

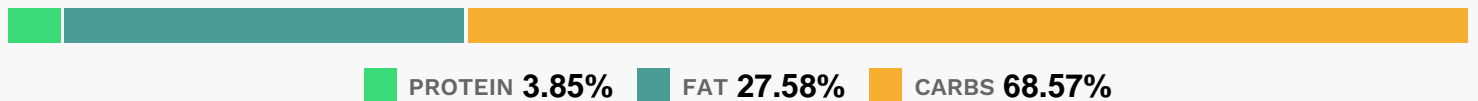
Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat an oven to 400 degrees F (200 degrees C).
- Score the squash by making 1/4-inch deep slashes into the flesh of the squash.
- Place in baking dish.
- Brush with orange juice and sprinkle with salt.
- Bake in the preheated oven until lightly browned, about 30 min.
- Meanwhile, simmer butter, maple syrup, brown sugar, black pepper, and cayenne pepper in a small skillet over medium heat until smooth and the sugar has dissolved, about 3 minutes, stirring occasionally.
- Remove the squash from the oven.
- Pour out any liquid that may have collected in the squash.
- Brush the glaze over each squash half. Return to the oven until tender, about 20 more minutes. Spoon any glaze that has collected at the bottom of the squash over the edges of the squash. Season with additional salt, if desired.

Nutrition Facts



Properties

Glycemic Index:38.13, Glycemic Load:2.92, Inflammation Score:-7, Nutrition Score:10.939565125367%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 178.95kcal (8.95%), Fat: 5.92g (9.1%), Saturated Fat: 3.65g (22.78%), Carbohydrates: 33.1g (11.03%), Net Carbohydrates: 29.82g (10.84%), Sugar: 9.62g (10.69%), Cholesterol: 15.05mg (5.02%), Sodium: 202.88mg (8.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.72%), Vitamin C: 27.97mg (33.91%), Manganese: 0.61mg (30.35%), Potassium: 794.83mg (22.71%), Vitamin B1: 0.32mg (21.1%), Vitamin A: 993.76IU (19.88%), Magnesium: 72.62mg (18.15%), Vitamin B6: 0.34mg (16.88%), Fiber: 3.28g (13.13%), Folate: 39.47µg (9.87%), Vitamin B2: 0.15mg (9.05%), Vitamin B5: 0.89mg (8.91%), Calcium: 87.72mg (8.77%), Iron: 1.57mg (8.74%), Phosphorus: 81.06mg (8.11%), Vitamin B3: 1.56mg (7.8%), Copper: 0.15mg (7.4%), Zinc: 0.36mg (2.43%), Selenium: 1.2µg (1.71%), Vitamin E: 0.17mg (1.16%)