



 **23%**  
HEALTH SCORE

## Maple & Curry Acorn Squash

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 large acorn squash (a bit over a pound)
- 1 tsp curry powder
- 1 Tbs maple syrup
- 1 Tbs olive oil
- 1 dash salt

### Equipment

- bowl
- baking sheet

baking paper

oven

## Directions

Preheat oven to 400 F. Line a baking sheet with parchment paper or a silicone mat. Rinse the outside of the acorn squash and then chop it in half. Seed the squash and chop off the stem. Next, slice it into one-inch wedges. I like use the natural grooves on the squash as a guide for thickness.

Place the sliced acorn squash in a medium-sized bowl.

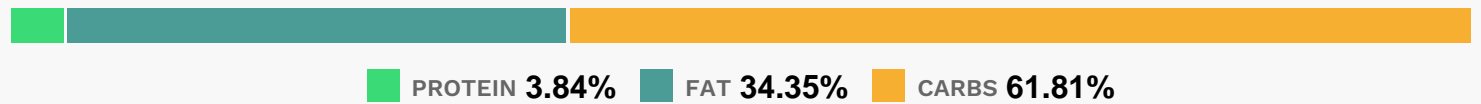
Add the rest of the ingredients to the bowl and stir until everything is well incorporated.

Lay the acorn squash in a single layer on top of the lined baking sheet, cut side down.

Bake for about 15 minutes. Flip the acorn squash slices to the other side so that both sides will be browned equally.

Bake the squash for another 10 to 15 minutes or until the pieces can be easily pierced with a fork.

## Nutrition Facts



## Properties

Glycemic Index:13.83, Glycemic Load:1.65, Inflammation Score:-6, Nutrition Score:7.4326086956522%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Taste

Sweetness: 81.86%, Saltiness: 0.79%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 118.89kcal (5.94%), Fat: 4.9g (7.54%), Saturated Fat: 0.69g (4.31%), Carbohydrates: 19.85g (6.62%), Net Carbohydrates: 17.47g (6.35%), Sugar: 4.01g (4.46%), Cholesterol: 0mg (0%), Sodium: 18.27mg (0.79%), Protein: 1.23g (2.47%), Manganese: 0.42mg (21.09%), Vitamin C: 15.88mg (19.25%), Potassium: 523.86mg (14.97%), Vitamin B1: 0.21mg (13.81%), Magnesium: 49.07mg (12.27%), Vitamin B6: 0.23mg (11.45%), Vitamin A: 533.83IU (10.68%), Fiber: 2.38g (9.51%), Iron: 1.24mg (6.87%), Folate: 25.45µg (6.36%), Vitamin B2: 0.1mg (5.94%), Calcium: 57.92mg (5.79%), Vitamin B5: 0.57mg (5.75%), Vitamin E: 0.82mg (5.46%), Phosphorus: 54.05mg (5.4%), Vitamin B3: 1.03mg

(5.17%), Copper: 0.1mg (4.94%), Vitamin K: 3.47µg (3.31%), Zinc: 0.26mg (1.74%), Selenium: 0.83µg (1.19%)