



Maple-Glazed Acorn Squash Rings

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



244 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 pounds acorn squash
- ☐ 1 tablespoon bourbon
- ☐ 2 teaspoons butter melted
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 2 tablespoons maple syrup
- ☐ 0.3 teaspoon salt

Equipment

- ☐ baking sheet

- ☐ plastic wrap
- ☐ broiler
- ☐ microwave

Directions

- ☐ Cut squash crosswise into 4 (1-inch-thick) slices; remove seeds.
- ☐ Place squash slices on a microwave-safe plate. Cover with plastic wrap; vent. Microwave at HIGH 6 minutes or until tender.
- ☐ Preheat broiler.
- ☐ Place squash on a baking sheet.
- ☐ Combine syrup and remaining ingredients.
- ☐ Brush syrup mixture over squash. Broil 3 minutes or until bubbly.
- ☐ Drizzle with remaining syrup mixture.

Nutrition Facts



Properties

Glycemic Index:85.75, Glycemic Load:4.95, Inflammation Score:-8, Nutrition Score:16.649999877033%

Nutrients (% of daily need)

Calories: 243.91kcal (12.2%), Fat: 4.44g (6.83%), Saturated Fat: 2.67g (16.71%), Carbohydrates: 48.99g (16.33%), Net Carbohydrates: 43.86g (15.95%), Sugar: 12.02g (13.36%), Cholesterol: 10.75mg (3.58%), Sodium: 334.94mg (14.56%), Alcohol: 2.51g (100%), Alcohol %: 0.85% (100%), Protein: 2.77g (5.54%), Manganese: 1.03mg (51.69%), Vitamin C: 37.43mg (45.36%), Potassium: 1227.32mg (35.07%), Vitamin B1: 0.49mg (32.71%), Magnesium: 113.4mg (28.35%), Vitamin A: 1373.59IU (27.47%), Vitamin B6: 0.52mg (26.22%), Fiber: 5.13g (20.52%), Vitamin B2: 0.29mg (17.06%), Folate: 58.08µg (14.52%), Vitamin B5: 1.37mg (13.66%), Calcium: 135.67mg (13.57%), Iron: 2.41mg (13.41%), Phosphorus: 124.24mg (12.42%), Vitamin B3: 2.4mg (12.01%), Copper: 0.22mg (11.21%), Zinc: 0.59mg (3.95%), Selenium: 1.75µg (2.51%)