



Maple-Glazed Roasted Acorn Squash

 Vegetarian  Gluten Free  Low Fod Map

READY IN



36 min.

SERVINGS



4

CALORIES



176 kcal

SIDE DISH

Ingredients

- 2 pounds acorn squash
- 2 teaspoons butter
- 0.1 teaspoon ground nutmeg
- 5 tablespoons maple syrup
- 0.1 teaspoon salt

Equipment

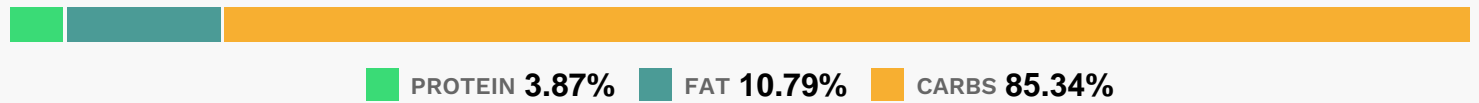
- frying pan
- sauce pan

- oven
- aluminum foil

Directions

- Preheat oven to 42
- Cut squash horizontally into 4 (1/2-inch-thick) slices. Discard seeds, membranes, and any remaining squash.
- Place squash on a jelly-roll pan lined with foil.
- Combine syrup and next 3 ingredients in a small saucepan over medium heat, and cook until butter melts.
- Brush 1 side of each slice of squash with syrup mixture.
- Bake at 425 for 15 minutes. Turn squash over, and brush with remaining glaze.
- Bake an additional 15 minutes or until tender.

Nutrition Facts



Properties

Glycemic Index:39.13, Glycemic Load:6.16, Inflammation Score:-7, Nutrition Score:12.183913075082%

Nutrients (% of daily need)

Calories: 176.47kcal (8.82%), Fat: 2.28g (3.5%), Saturated Fat: 1.35g (8.43%), Carbohydrates: 40.51g (13.5%), Net Carbohydrates: 37.09g (13.49%), Sugar: 15g (16.67%), Cholesterol: 5.38mg (1.79%), Sodium: 97.81mg (4.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.68%), Manganese: 0.96mg (47.79%), Vitamin C: 24.95mg (30.24%), Potassium: 844.07mg (24.12%), Vitamin B1: 0.33mg (22.29%), Vitamin B2: 0.34mg (20.06%), Magnesium: 77.99mg (19.5%), Vitamin A: 894.88IU (17.9%), Vitamin B6: 0.35mg (17.47%), Fiber: 3.41g (13.66%), Calcium: 102.85mg (10.29%), Folate: 38.68µg (9.67%), Vitamin B5: 0.91mg (9.1%), Iron: 1.62mg (8.99%), Phosphorus: 82.38mg (8.24%), Vitamin B3: 1.61mg (8.05%), Copper: 0.15mg (7.41%), Zinc: 0.47mg (3.16%), Selenium: 1.16µg (1.66%)