



Maple-Glazed Winter Squash



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



234 kcal

SIDE DISH

Ingredients



1 teaspoon butter divided



1.8 pound butternut squash



4 teaspoons maple syrup divided

Equipment



oven

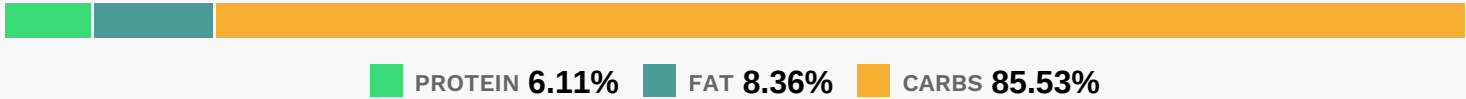


broiler pan

Directions

- ☐ Preheat oven to 37
- ☐ Cut squash 1 inch above bulb; save stem section for another use.
- ☐ Cut bulb in half lengthwise.
- ☐ Remove and discard seeds and membranes.
- ☐ Place squash halves, cut sides up, on a broiler pan; place 2 teaspoons maple syrup and 1/2 teaspoon butter in each squash half.
- ☐ Bake at 375 for 1 hour or until the squash is tender, brushing cut sides with syrup mixture every 20 minutes.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:3.44, Inflammation Score:-10, Nutrition Score:26.811304313009%

Nutrients (% of daily need)

Calories: 234.33kcal (11.72%), Fat: 2.42g (3.73%), Saturated Fat: 1.37g (8.55%), Carbohydrates: 55.83g (18.61%), Net Carbohydrates: 47.89g (17.42%), Sugar: 17.12g (19.02%), Cholesterol: 5.38mg (1.79%), Sodium: 33.21mg (1.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.98%), Vitamin A: 42252.24IU (845.04%), Vitamin C: 83.35mg (101.03%), Manganese: 1.12mg (56.19%), Potassium: 1429.16mg (40.83%), Vitamin E: 5.77mg (38.49%), Magnesium: 137.93mg (34.48%), Fiber: 7.94g (31.75%), Vitamin B6: 0.61mg (30.56%), Vitamin B1: 0.41mg (27.08%), Folate: 107.24µg (26.81%), Vitamin B3: 4.78mg (23.88%), Calcium: 206.37mg (20.64%), Vitamin B5: 1.59mg (15.9%), Iron: 2.79mg (15.52%), Vitamin B2: 0.26mg (15.18%), Copper: 0.29mg (14.29%), Phosphorus: 131.57mg (13.16%), Zinc: 0.7mg (4.64%), Vitamin K: 4.54µg (4.32%), Selenium: 2.01µg (2.87%)