



Maple Pecan Squash



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



300 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds acorn squash
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 cup maple-flavored syrup
- ☐ 2 tablespoons butter melted
- ☐ 0.3 cup marshmallows miniature
- ☐ 0.5 cup pecans divided chopped
- ☐ 0.3 teaspoon salt

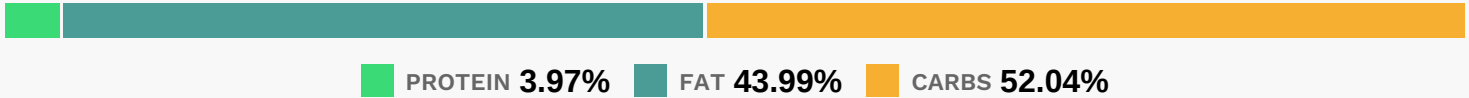
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Cut each squash in half crosswise; remove and discard seeds.
- ☐ Place squash halves, cut side down, in a lightly greased 15- x 10- x 1-inch jellyroll pan.
- ☐ Bake, uncovered, at 350 for 35 minutes.
- ☐ Scoop out pulp; discard shells. Mash pulp in a medium bowl.
- ☐ Add 1/2 cup pecans and next 5 ingredients; stir well. Spoon mixture evenly into 4 (6-ounce) lightly greased baking dishes. Top evenly with marshmallows and remaining 2 tablespoons chopped pecans.
- ☐ Bake, uncovered, at 350 for 15 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:6.57, Inflammation Score:-8, Nutrition Score:15.283913015995%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 300.44kcal (15.02%), Fat: 15.73g (24.19%), Saturated Fat: 2.09g (13.08%), Carbohydrates: 41.85g (13.95%), Net Carbohydrates: 37.05g (13.47%), Sugar: 14.44g (16.04%), Cholesterol: 0mg (0%), Sodium: 222.5mg (9.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.39%), Manganese: 1.48mg (74.04%), Vitamin C: 25.12mg (30.45%), Vitamin B1: 0.42mg (28.13%), Potassium: 892.23mg (25.49%), Magnesium: 93.87mg (23.47%), Vitamin A:

1090.86IU (21.82%), Fiber: 4.81g (19.22%), Vitamin B6: 0.38mg (18.95%), Vitamin B2: 0.3mg (17.57%), Copper: 0.32mg (15.79%), Phosphorus: 121.59mg (12.16%), Calcium: 110.08mg (11.01%), Iron: 1.98mg (10.98%), Folate: 41.76µg (10.44%), Vitamin B5: 1.03mg (10.31%), Vitamin B3: 1.77mg (8.85%), Zinc: 1.06mg (7.06%), Vitamin E: 0.41mg (2.74%), Selenium: 1.71µg (2.44%)