



Maple-Roasted Acorn Squash

Vegetarian Vegan Gluten Free Dairy Free Low Fod Map

READY IN

ready

45 min.

SERVINGS

servings

9

CALORIES

calories

181 kcal

SIDE DISH

Ingredients

- ☐ 6 pound acorn squash
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup maple syrup
- ☐ 2 tablespoons olive oil extra-virgin

Equipment

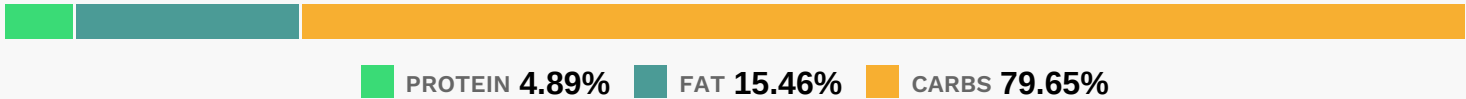
- ☐ bowl
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 42
- ☐ Cut each squash in half lengthwise. Discard seeds and membranes.
- ☐ Cut each half crosswise into 1-inch-thick slices; peel.
- ☐ Combine syrup, oil, salt, and pepper in a large bowl, stirring well.
- ☐ Add squash; toss to coat.
- ☐ Place squash in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Bake at 425 for 25 minutes or until tender, stirring every 10 minutes.

Nutrition Facts



Properties

Glycemic Index:7.61, Glycemic Load:2.95, Inflammation Score:-8, Nutrition Score:14.304347774257%

Nutrients (% of daily need)

Calories: 180.94kcal (9.05%), Fat: 3.42g (5.26%), Saturated Fat: 0.49g (3.09%), Carbohydrates: 39.62g (13.21%), Net Carbohydrates: 35.05g (12.75%), Sugar: 7.15g (7.94%), Cholesterol: 0mg (0%), Sodium: 268.62mg (11.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.86%), Vitamin C: 33.26mg (40.32%), Manganese: 0.79mg (39.71%), Potassium: 1077.7mg (30.79%), Vitamin B1: 0.43mg (28.76%), Magnesium: 99.47mg (24.87%), Vitamin B6: 0.47mg (23.3%), Vitamin A: 1110.4IU (22.21%), Fiber: 4.56g (18.26%), Folate: 51.43µg (12.86%), Vitamin B5: 1.21mg (12.11%), Iron: 2.16mg (12%), Calcium: 113.47mg (11.35%), Phosphorus: 109.04mg (10.9%), Vitamin B2: 0.18mg (10.7%), Vitamin B3: 2.13mg (10.64%), Copper: 0.2mg (9.91%), Zinc: 0.48mg (3.19%), Vitamin E: 0.45mg (2.99%), Selenium: 1.52µg (2.17%), Vitamin K: 2.05µg (1.96%)