



## Maple Squash



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



202 kcal

SIDE DISH

### Ingredients

- 1 acorn squash
- 0.3 teaspoon pepper black
- 2 tablespoons butter cut into small pieces
- 0.8 teaspoon kosher salt
- 0.5 cup maple syrup

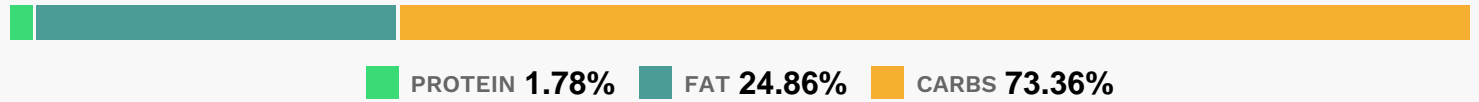
### Equipment

- oven
- baking pan

## Directions

- Cut an acorn squash in half lengthwise and scoop out the seeds. Divide each half lengthwise and place the 4 pieces in a baking dish. Top with the maple syrup, salt, black pepper, and butter.
- Bake at 400 F, basting occasionally, until tender, about 45 minutes.

## Nutrition Facts



## Properties

Glycemic Index:29.63, Glycemic Load:9.92, Inflammation Score:-5, Nutrition Score:8.8195651776117%

## Nutrients (% of daily need)

Calories: 202.28kcal (10.11%), Fat: 5.79g (8.91%), Saturated Fat: 3.62g (22.64%), Carbohydrates: 38.43g (12.81%), Net Carbohydrates: 36.78g (13.38%), Sugar: 24.12g (26.8%), Cholesterol: 15.05mg (5.02%), Sodium: 487.92mg (21.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.87%), Manganese: 1.12mg (56.14%), Vitamin B2: 0.52mg (30.86%), Vitamin C: 11.85mg (14.37%), Potassium: 467.89mg (13.37%), Vitamin B1: 0.18mg (11.86%), Vitamin A: 571.06IU (11.42%), Magnesium: 43.3mg (10.82%), Vitamin B6: 0.17mg (8.33%), Calcium: 81.93mg (8.19%), Fiber: 1.65g (6.59%), Folate: 18.55µg (4.64%), Iron: 0.82mg (4.53%), Vitamin B5: 0.44mg (4.4%), Phosphorus: 40.67mg (4.07%), Vitamin B3: 0.79mg (3.96%), Copper: 0.07mg (3.6%), Zinc: 0.43mg (2.87%), Vitamin E: 0.16mg (1.09%)