



Mashed Acorn Squash with Sunflower Seeds



Vegetarian



Gluten Free

READY IN



12 min.

SERVINGS



4

CALORIES



166 kcal

SIDE DISH

Ingredients

- ☐ 2 acorn squash seeded cut in 1/2 and
- ☐ 0.3 cup dry-roasted sunflower seeds shelled
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 cup lowfat cream sour as needed
- ☐ 4 servings salt and pepper black freshly ground

Equipment

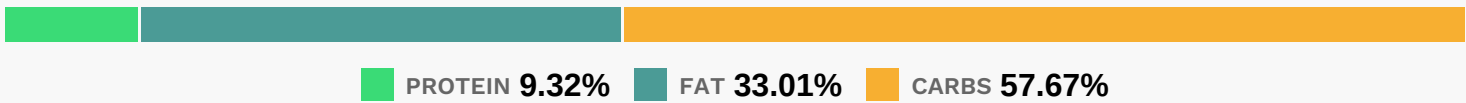
- ☐ bowl

- ☐ plastic wrap
- ☐ microwave
- ☐ ice cream scoop

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the acorn squash halves in a microwave-safe dish and cover with plastic wrap. Microwave on HIGH until the flesh is tender, 5 to 7 minutes.
- ☐ Using a spoon or ice cream scoop, remove the flesh from the squash and transfer to a large bowl.
- ☐ Add the sour cream, cumin, and garlic powder and mash together with a fork until blended and smooth, adding more sour cream, as necessary, to create a nice consistency. Season with salt and pepper.
- ☐ Spoon the squash onto plates and top with sunflower seeds just before serving.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.03, Inflammation Score:-7, Nutrition Score:13.980434796085%

Nutrients (% of daily need)

Calories: 165.58kcal (8.28%), Fat: 6.69g (10.3%), Saturated Fat: 1.92g (11.98%), Carbohydrates: 26.31g (8.77%), Net Carbohydrates: 22.07g (8.02%), Sugar: 0.33g (0.36%), Cholesterol: 6.71mg (2.24%), Sodium: 85.31mg (3.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.5%), Vitamin C: 24.01mg (29.11%), Manganese: 0.57mg (28.42%), Potassium: 843.91mg (24.11%), Vitamin B1: 0.34mg (22.75%), Magnesium: 83.88mg (20.97%), Vitamin E: 3.14mg (20.95%), Vitamin B6: 0.41mg (20.56%), Phosphorus: 191.5mg (19.15%), Vitamin A: 861.41IU (17.23%), Fiber: 4.24g (16.95%), Copper: 0.3mg (15.15%), Folate: 58.73µg (14.68%), Vitamin B5: 1.45mg (14.52%), Iron: 2.25mg (12.48%), Selenium: 8.39µg (11.99%), Calcium: 110.87mg (11.09%), Vitamin B3: 1.9mg (9.49%), Zinc: 0.85mg (5.68%), Vitamin B2: 0.07mg (4.15%), Vitamin B12: 0.08µg (1.34%)