



Nana's Acorn Squash

 Vegetarian  Gluten Free  Low Fod Map

READY IN



30 min.

SERVINGS



2

CALORIES



378 kcal

SIDE DISH

Ingredients

- 1 acorn squash halved seeded
- 4 tablespoons brown sugar
- 4 tablespoons butter divided
- 2 servings salt and pepper to taste

Equipment

- casserole dish
- microwave

Directions

- In a microwave safe casserole dish pour enough water to reach 1 1/2 inches in depth.
- Place the squash halves cut side down in the water, and pierce the skin with a fork a few times. Microwave on high for 15 to 20 minutes.
- Drain.
- Sprinkle each half with salt and pepper to taste.
- Place 2 tablespoons butter and 2 tablespoons brown sugar in each half.
- Broil 5 minutes, or until butter is melted.
- Mix the melted butter and sugar into the flesh, and serve.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.01, Inflammation Score:-8, Nutrition Score:10.561739011951%

Nutrients (% of daily need)

Calories: 378.16kcal (18.91%), Fat: 22.92g (35.27%), Saturated Fat: 14.44g (90.23%), Carbohydrates: 46.02g (15.34%), Net Carbohydrates: 42.78g (15.56%), Sugar: 23.3g (25.89%), Cholesterol: 60.2mg (20.07%), Sodium: 387.02mg (16.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.98%), Vitamin A: 1490.6IU (29.81%), Vitamin C: 23.7mg (28.73%), Potassium: 786.46mg (22.47%), Vitamin B1: 0.3mg (20.21%), Manganese: 0.38mg (18.79%), Magnesium: 71.68mg (17.92%), Vitamin B6: 0.34mg (17.13%), Fiber: 3.23g (12.93%), Calcium: 97.88mg (9.79%), Folate: 37.72µg (9.43%), Iron: 1.69mg (9.37%), Vitamin B5: 0.92mg (9.24%), Phosphorus: 85.26mg (8.53%), Vitamin B3: 1.55mg (7.73%), Copper: 0.15mg (7.58%), Vitamin E: 0.65mg (4.33%), Selenium: 1.65µg (2.35%), Zinc: 0.31mg (2.09%), Vitamin K: 1.96µg (1.87%), Vitamin B2: 0.03mg (1.83%)