



Nana's Holiday Acorn Squash

READY IN



65 min.

SERVINGS



2

CALORIES



1370 kcal

SIDE DISH

Ingredients

- ☐ 1 acorn squash halved seeded
- ☐ 0.8 cup brown sugar
- ☐ 1 cup butter
- ☐ 1 tablespoon ground cinnamon
- ☐ 1 cup saltines crushed
- ☐ 2 servings water as needed

Equipment

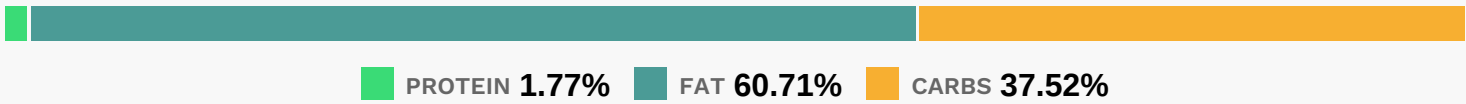
- ☐ sauce pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Melt butter in a saucepan over medium-low heat. Stir cinnamon and brown sugar through the melted butter; remove from heat and stir crushed saltine crackers into the butter until moistened.
- ☐ Pour enough water into a baking dish to be about 1 inch deep.
- ☐ Lay the acorn squash into the water with the rounded sides down. Fill the cavity of the squash with the saltine cracker mixture.
- ☐ Bake in the preheated oven until the squash is easy to pierce with a fork, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:0.09, Inflammation Score:-9, Nutrition Score:21.940869901491%

Nutrients (% of daily need)

Calories: 1369.68kcal (68.48%), Fat: 95.34g (146.67%), Saturated Fat: 58.98g (368.6%), Carbohydrates: 132.58g (44.19%), Net Carbohydrates: 126.24g (45.91%), Sugar: 80.63g (89.59%), Cholesterol: 244.02mg (81.34%), Sodium: 1100.95mg (47.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.26g (12.52%), Vitamin A: 3639.4IU (72.79%), Manganese: 1.4mg (70.23%), Vitamin B1: 0.55mg (36.93%), Vitamin C: 23.86mg (28.92%), Potassium: 955.19mg (27.29%), Fiber: 6.34g (25.35%), Iron: 4.4mg (24.44%), Magnesium: 91.47mg (22.87%), Calcium: 220.66mg (22.07%), Folate: 88µg (22%), Vitamin E: 3.13mg (20.86%), Vitamin B6: 0.41mg (20.28%), Vitamin B3: 3.95mg (19.77%), Vitamin K: 18.08µg (17.22%), Phosphorus: 146.38mg (14.64%), Copper: 0.28mg (13.95%), Vitamin B2: 0.23mg (13.66%), Vitamin B5: 1.28mg (12.76%), Selenium: 6.93µg (9.9%), Zinc: 0.75mg (4.97%), Vitamin B12: 0.22µg (3.74%)