



WHATSheATE



Orange-Glazed Acorn Squash



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



160 kcal

SIDE DISH

Ingredients

- ☐ 1 large acorn squash
- ☐ 0.5 cup firmly brown sugar packed
- ☐ 0.3 cup butter
- ☐ 0.3 cup plus
- ☐ 2 teaspoons lemon rind grated
- ☐ 0.3 cup orange juice
- ☐ 0.1 teaspoon salt

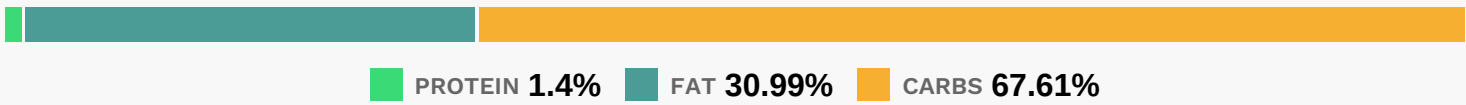
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Wash squash thoroughly in cold water.
- ☐ Cut squash into 3/4- inch slices to form rings, and remove seeds.
- ☐ Place squash rings in a lightly-greased 13- x 9- x 2- inch baking dish.
- ☐ Pour orange juice over squash rings. Cover with aluminum foil and bake at 350 for 40 minutes.
- ☐ Melt butter in a small saucepan; add brown sugar, corn syrup, lemon rind, and salt, mixing well. Bring mixture to a boil; reduce heat, and cook 5 minutes, stirring constantly. Immediately spoon mixture over squash rings. Return to oven, and bake, uncovered, 20 minutes or until squash is tender.

Nutrition Facts



Properties

Glycemic Index:8.88, Glycemic Load:2.1, Inflammation Score:-4, Nutrition Score:3.3647826003802%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 159.85kcal (7.99%), Fat: 5.81g (8.94%), Saturated Fat: 1.2g (7.49%), Carbohydrates: 28.5g (9.5%), Net Carbohydrates: 27.62g (10.04%), Sugar: 22.41g (24.9%), Cholesterol: 0mg (0%), Sodium: 115.44mg (5.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.18%), Vitamin C: 11.75mg (14.24%), Vitamin A: 472.38IU (9.45%), Potassium: 229.79mg (6.57%), Vitamin B1: 0.09mg (6.13%), Manganese: 0.1mg (5.02%), Magnesium: 20.01mg (5%), Vitamin B6: 0.09mg (4.71%), Fiber: 0.88g (3.53%), Calcium: 34.53mg (3.45%), Folate: 12.53µg (3.13%), Iron: 0.5mg (2.78%), Vitamin B5: 0.26mg (2.61%), Phosphorus: 23.39mg (2.34%), Copper: 0.05mg (2.33%), Vitamin B3: 0.44mg (2.19%), Vitamin E: 0.23mg (1.5%)