



## Orange-Glazed Grilled Acorn Squash



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



246 kcal

SIDE DISH

### Ingredients

- ☐ 4 acorn squash halved lengthwise
- ☐ 0.3 cup butter melted
- ☐ 1 stick cinnamon
- ☐ 0.5 cup brown sugar light
- ☐ 4 cups orange juice fresh
- ☐ 8 servings salt and pepper freshly ground
- ☐ 4 allspice whole

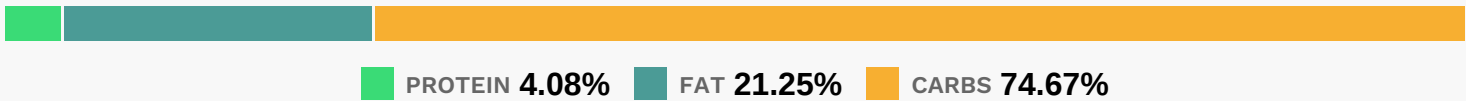
### Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ grill
- ☐ tongs

## Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Brush the cut side of each acorn squash with the butter and sprinkle with salt and pepper.
- ☐ Place squash, cut-side down, on a baking sheet and bake until almost tender, about 30 minutes.
- ☐ While the squash is baking, combine the orange juice, brown sugar, allspice, and cinnamon in a medium saucepan. Cook over high heat until reduced to 1 cup, stirring often.
- ☐ Preheat the grill to medium-high.
- ☐ Place the squash, cut side up, on the grill, and brush with the orange glaze. Cook for 5 minutes, turn over with tongs, and grill for 5 more minutes, or until tender and glaze is caramelized.
- ☐ Remove from the grill and brush with more of the glaze.
- ☐ Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:15.25, Glycemic Load:6.59, Inflammation Score:-8, Nutrition Score:15.269130393863%

## Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 246.32kcal (12.32%), Fat: 6.23g (9.58%), Saturated Fat: 3.72g (23.27%), Carbohydrates: 49.23g (16.41%), Net Carbohydrates: 45.51g (16.55%), Sugar: 23.77g (26.41%), Cholesterol: 15.25mg (5.08%), Sodium: 251.04mg (10.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.38%), Vitamin C: 85.74mg (103.93%), Potassium: 1018.22mg (29.09%), Vitamin B1: 0.41mg (27.59%), Vitamin A: 1217.72IU (24.35%), Manganese: 0.46mg (23.22%), Magnesium: 84.31mg (21.08%), Vitamin B6: 0.39mg (19.41%), Folate: 74.23µg (18.56%), Fiber: 3.72g (14.89%), Vitamin B5: 1.13mg (11.25%), Iron: 1.9mg (10.54%), Calcium: 102.7mg (10.27%), Copper: 0.2mg (10.15%), Vitamin B3: 2.03mg (10.15%), Phosphorus: 101.25mg (10.12%), Vitamin B2: 0.06mg (3.61%), Zinc: 0.36mg (2.41%), Selenium: 1.45µg (2.08%), Vitamin E: 0.22mg (1.5%)