



## Parmesan-Glazed Acorn Squash

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



169 kcal

SIDE DISH

### Ingredients

- 2 lb acorn squash seeded
- 1 Tbsp brown sugar
- 1 Tbsp butter melted
- 0.3 tsp ground cinnamon
- 1 Tbsp olive oil
- 2 Tbsp parmesan cheese grated kraft
- 0.5 cup water

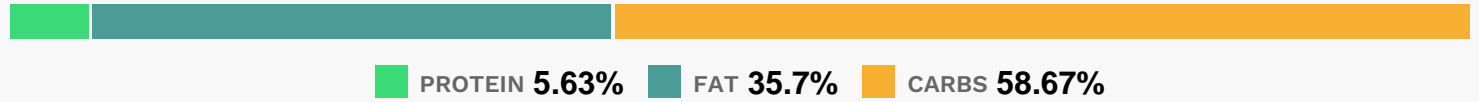
### Equipment

- oven
- baking pan

## Directions

- Heat oven to 375F.
- Cut each squash piece in half; place, cut sides up, in 13x9-inch baking dish.
- Add water to dish; cover.
- Bake 40 min. or until squash is tender.
- Mix butter, sugar and oil; spoon over squash. Top with cheese and cinnamon; bake, uncovered, 5 min.

## Nutrition Facts



## Properties

Glycemic Index:13.75, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:10.546956420593%

## Nutrients (% of daily need)

Calories: 169.44kcal (8.47%), Fat: 7.31g (11.24%), Saturated Fat: 2.74g (17.15%), Carbohydrates: 27.02g (9.01%), Net Carbohydrates: 23.53g (8.56%), Sugar: 2.92g (3.24%), Cholesterol: 9.81mg (3.27%), Sodium: 75.79mg (3.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.19%), Vitamin C: 24.95mg (30.25%), Potassium: 797.16mg (22.78%), Vitamin B1: 0.32mg (21.23%), Manganese: 0.41mg (20.56%), Vitamin A: 943.16IU (18.86%), Magnesium: 74.18mg (18.55%), Vitamin B6: 0.35mg (17.64%), Fiber: 3.49g (13.95%), Calcium: 102.84mg (10.28%), Phosphorus: 98.57mg (9.86%), Folate: 38.85µg (9.71%), Vitamin B5: 0.92mg (9.24%), Iron: 1.65mg (9.19%), Vitamin B3: 1.6mg (7.98%), Copper: 0.16mg (7.76%), Vitamin E: 0.6mg (4.02%), Selenium: 2.09µg (2.98%), Zinc: 0.41mg (2.75%), Vitamin K: 2.45µg (2.33%), Vitamin B2: 0.03mg (1.92%)