



Roasted Acorn Squash



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



138 kcal

SIDE DISH

Ingredients



1 medium acorn squash



0.3 teaspoon kosher salt



1 tablespoon brown sugar light



2 tablespoons olive oil



4 servings bell pepper



1 tablespoon thyme leave dried fresh

Equipment



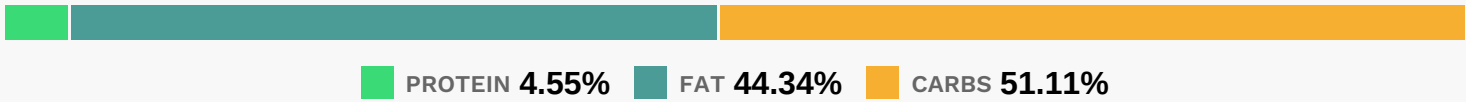
baking sheet

☐ oven

Directions

- ☐ Heat oven to 400 F.
- ☐ Cut squash in half lengthwise; discard the seeds.
- ☐ Cut the squash into 1/3-inch slices. Toss with olive oil, salt, a few grinds of pepper, and brown sugar.
- ☐ Place on a baking sheet. Roast for 20 minutes, flipping the squash once halfway through.
- ☐ Remove from oven and sprinkle with thyme leaves.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:1.02, Inflammation Score:-10, Nutrition Score:14.171304441017%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.25mg, Luteolin: 1.25mg, Luteolin: 1.25mg, Luteolin: 1.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 137.52kcal (6.88%), Fat: 7.36g (11.32%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 19.09g (6.36%), Net Carbohydrates: 15.66g (5.7%), Sugar: 6.04g (6.71%), Cholesterol: 0mg (0%), Sodium: 201.14mg (8.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.4%), Vitamin C: 110.01mg (133.35%), Vitamin A: 2811.18IU (56.22%), Vitamin B6: 0.39mg (19.5%), Potassium: 545.84mg (15.6%), Manganese: 0.3mg (14.79%), Vitamin E: 2.19mg (14.57%), Fiber: 3.43g (13.7%), Folate: 53.4µg (13.35%), Vitamin B1: 0.19mg (12.79%), Magnesium: 46.49mg (11.62%), Iron: 1.44mg (8.01%), Vitamin B3: 1.52mg (7.59%), Vitamin K: 7.86µg (7.49%), Vitamin B5: 0.68mg (6.78%), Phosphorus: 60.13mg (6.01%), Calcium: 50.54mg (5.05%), Vitamin B2: 0.08mg (4.84%), Copper: 0.09mg (4.7%), Zinc: 0.36mg (2.4%)