



Roasted Acorn Squash



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



93 kcal

SIDE DISH

Ingredients



1 acorn squash



2 tablespoons butter



0.3 teaspoon salt

Equipment



frying pan

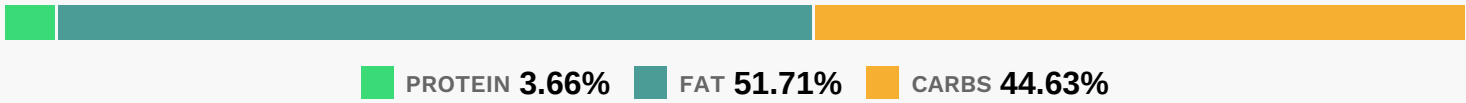


oven

Directions

- ☐ Preheat oven to 400
- ☐ Cut acorn squash in half lengthwise; discard seeds.
- ☐ Cut each half into 6 wedges. Melt butter in a large ovenproof skillet over medium heat.
- ☐ Add squash; cook 3 minutes or until browned on one side. Turn wedges; sprinkle with salt.
- ☐ Place pan in oven; bake at 400 for 12 minutes or until tender.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:4.8573912919863%

Nutrients (% of daily need)

Calories: 93.29kcal (4.66%), Fat: 5.78g (8.9%), Saturated Fat: 3.62g (22.63%), Carbohydrates: 11.23g (3.74%), Net Carbohydrates: 9.62g (3.5%), Sugar: 0g (0%), Cholesterol: 15.05mg (5.02%), Sodium: 193.59mg (8.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.84%), Vitamin C: 11.85mg (14.37%), Vitamin A: 570.37IU (11.41%), Potassium: 375.6mg (10.73%), Vitamin B1: 0.15mg (10.08%), Manganese: 0.18mg (9.02%), Magnesium: 34.62mg (8.66%), Vitamin B6: 0.17mg (8.31%), Fiber: 1.62g (6.47%), Folate: 18.53µg (4.63%), Vitamin B5: 0.44mg (4.39%), Iron: 0.76mg (4.2%), Phosphorus: 40.47mg (4.05%), Vitamin B3: 0.76mg (3.79%), Calcium: 37.33mg (3.73%), Copper: 0.07mg (3.51%), Vitamin E: 0.16mg (1.08%)