



## Roasted Acorn Squash with Cranberry Relish



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



128 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 cup apple cider
- ☐ 2 tablespoons butter
- ☐ 1 cup cranberries fresh
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 cup maple syrup
- ☐ 0.3 cup pecans toasted chopped

☐ 3 roasted winter squash

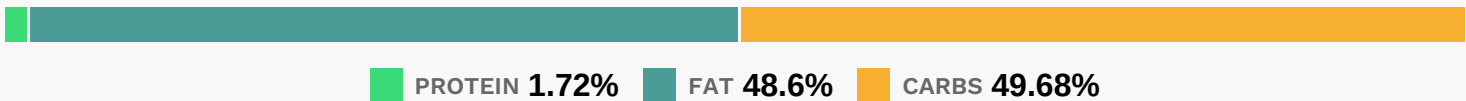
Equipment

☐ sauce pan

Directions

- ☐ Bring first 6 ingredients to a boil in a small saucepan over medium heat. Reduce heat, and simmer 5 minutes.
- ☐ Stir in cranberries, and simmer 8 minutes or until cranberry skins split.
- ☐ Remove from heat, and stir in pecans. Spoon cranberry mixture over warm squash wedges.

Nutrition Facts



Properties

Glycemic Index:42.88, Glycemic Load:5.66, Inflammation Score:-2, Nutrition Score:3.9060870098031%

Flavonoids

Cyanidin: 8.23mg, Cyanidin: 8.23mg, Cyanidin: 8.23mg, Cyanidin: 8.23mg Delphinidin: 1.61mg, Delphinidin: 1.61mg, Delphinidin: 1.61mg, Delphinidin: 1.61mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 1.38mg, Epicatechin: 1.38mg, Epicatechin: 1.38mg, Epicatechin: 1.38mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 127.99kcal (6.4%), Fat: 7.13g (10.97%), Saturated Fat: 2.71g (16.92%), Carbohydrates: 16.4g (5.47%), Net Carbohydrates: 15.25g (5.55%), Sugar: 12.91g (14.35%), Cholesterol: 10.03mg (3.34%), Sodium: 32.54mg (1.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.13%), Manganese: 0.73mg (36.56%), Vitamin B2: 0.24mg (14.15%), Fiber: 1.15g (4.58%), Vitamin A: 182.8IU (3.66%), Copper: 0.07mg (3.37%), Vitamin C: 2.61mg (3.17%), Vitamin B1: 0.05mg (3.17%), Magnesium: 11.55mg (2.89%), Calcium: 27.5mg (2.75%), Vitamin E: 0.4mg (2.68%), Potassium: 90.08mg (2.57%), Zinc: 0.36mg (2.4%), Phosphorus: 16.99mg (1.7%), Vitamin K: 1.35µg (1.29%),

Iron: 0.22mg (1.22%), Vitamin B6: 0.02mg (1.15%), Vitamin B5: 0.1mg (1.03%)