



Simple Acorn Squash



Gluten Free



Dairy Free



Low Fod Map

READY IN



19 min.

SERVINGS



19

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 lb acorn squash seeded
- 2 slices oscar mayer bacon
- 1 Tbsp balsamic vinaigrette dressing kraft
- 2 Tbsp pancake syrup

Equipment

- microwave

Directions

- Place squash, cut-sides up, in microwaveable dish; cover with waxed paper.
- Microwave on HIGH 12 to 14 min. or until squash is tender. Meanwhile, cook bacon 8 to 10 min. or until crisp, turning occasionally; drain.
- Cut squash into wedges; brush with combined syrup and dressing. Crumble bacon; sprinkle over squash.

Nutrition Facts

 **PROTEIN 6.56%**  **FAT 32.58%**  **CARBS 60.86%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:1.6865217467041%

Nutrients (% of daily need)

Calories: 33.11kcal (1.66%), Fat: 1.28g (1.97%), Saturated Fat: 0.36g (2.27%), Carbohydrates: 5.37g (1.79%), Net Carbohydrates: 4.84g (1.76%), Sugar: 0.03g (0.03%), Cholesterol: 1.61mg (0.54%), Sodium: 25.57mg (1.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.16%), Vitamin C: 3.94mg (4.77%), Vitamin B1: 0.06mg (3.78%), Potassium: 128.91mg (3.68%), Manganese: 0.06mg (3.09%), Vitamin B6: 0.06mg (3.07%), Magnesium: 11.78mg (2.94%), Vitamin A: 133.56IU (2.67%), Fiber: 0.54g (2.15%), Vitamin B3: 0.34mg (1.72%), Phosphorus: 16.44mg (1.64%), Vitamin B5: 0.16mg (1.57%), Folate: 6.09µg (1.52%), Iron: 0.26mg (1.46%), Copper: 0.03mg (1.43%), Calcium: 12.05mg (1.21%)