



Spiced Squash Rings

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



222 kcal

SIDE DISH

Ingredients

- 2 medium acorn squash
- 0.3 cup brown sugar packed
- 0.3 cup brown sugar packed
- 0.3 cup butter melted
- 0.5 cup cornmeal
- 2 eggs
- 0.8 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg

- 0.3 cup milk 2%
- 0.3 teaspoon salt

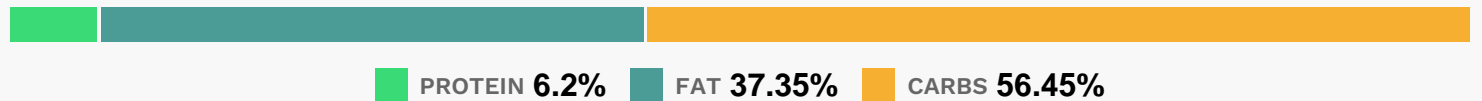
Equipment

- oven
- baking pan

Directions

- Wash squash.
- Cut into 1/2-in rings; remove and discard seeds and membranes. In a shallow dish, beat eggs and milk. In another shallow dish, combine the cornmeal, brown sugar, cinnamon, salt and nutmeg. Dip squash rings into egg mixture, then into cornmeal mixture; turn to coat.
- Place in a greased 15-in. x 10-in. x 1-in. baking pan; drizzle with butter. Cover and bake at 400° for 25 minutes. Uncover; bake 10 minutes longer or until the squash is tender.

Nutrition Facts



Properties

Glycemic Index:24.19, Glycemic Load:4.34, Inflammation Score:-6, Nutrition Score:7.6556521083998%

Nutrients (% of daily need)

Calories: 221.54kcal (11.08%), Fat: 9.58g (14.74%), Saturated Fat: 5.44g (34.01%), Carbohydrates: 32.58g (10.86%), Net Carbohydrates: 29.92g (10.88%), Sugar: 13.93g (15.48%), Cholesterol: 61.85mg (20.62%), Sodium: 160.08mg (6.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.16%), Manganese: 0.29mg (14.57%), Vitamin C: 11.88mg (14.4%), Vitamin A: 699.35IU (13.99%), Potassium: 453mg (12.94%), Vitamin B6: 0.25mg (12.62%), Vitamin B1: 0.19mg (12.58%), Magnesium: 48.9mg (12.22%), Fiber: 2.66g (10.65%), Phosphorus: 92.79mg (9.28%), Iron: 1.36mg (7.57%), Vitamin B5: 0.71mg (7.14%), Selenium: 4.96µg (7.09%), Folate: 27.72µg (6.93%), Calcium: 66.89mg (6.69%), Copper: 0.11mg (5.51%), Vitamin B3: 1.04mg (5.19%), Vitamin B2: 0.09mg (5.13%), Zinc: 0.64mg (4.29%), Vitamin B12: 0.15µg (2.55%), Vitamin E: 0.38mg (2.52%), Vitamin D: 0.22µg (1.47%)