



Squash Rings with Honey-Soy Glaze



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



166 kcal

SIDE DISH

Ingredients

- ☐ 2.5 pound acorn squash
- ☐ 1.5 teaspoons ginger fresh minced peeled
- ☐ 1 garlic clove minced
- ☐ 3 tablespoons honey
- ☐ 1 tablespoon soya sauce reduced-sodium
- ☐ 2 teaspoons rice vinegar

Equipment

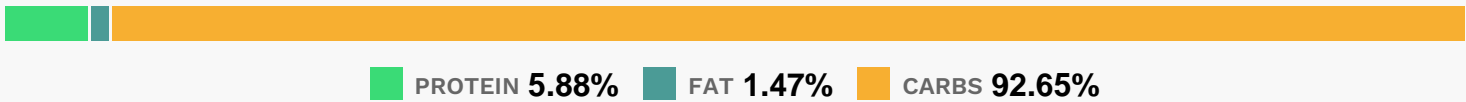
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 450°F. Line large baking sheet with foil. Spray with nonstick vegetable oil spray.
- ☐ Cut off both ends of each squash.
- ☐ Cut each squash crosswise into 4 rings. Scoop out seeds and discard.
- ☐ Place squash rings in single layer on prepared baking sheet. Cover baking sheet tightly with foil.
- ☐ Bake until squash begins to soften, about 15 minutes.
- ☐ Meanwhile, whisk next 5 ingredients in small bowl to blend.
- ☐ Remove foil from squash.
- ☐ Brush half of honey mixture over squash.
- ☐ Sprinkle with salt and pepper.
- ☐ Bake uncovered 10 minutes.
- ☐ Brush remaining honey mixture over squash; continue to bake until squash is brown, tender and glazed, about 10 minutes.
- ☐ Per serving: calories, 114; total fat, 0.5 g; saturated fat, 0; cholesterol, 0
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:36.82, Glycemic Load:6.86, Inflammation Score:-8, Nutrition Score:12.585652305137%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 165.73kcal (8.29%), Fat: 0.3g (0.47%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 43.12g (14.37%), Net Carbohydrates: 38.78g (14.1%), Sugar: 12.97g (14.41%), Cholesterol: 0mg (0%), Sodium: 153.41mg (6.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.48%), Vitamin C: 31.53mg (38.22%), Potassium: 1012.17mg (28.92%), Vitamin B1: 0.4mg (26.68%), Manganese: 0.52mg (25.93%), Magnesium: 94.33mg (23.58%), Vitamin B6: 0.46mg (22.86%), Vitamin A: 1040.49IU (20.81%), Fiber: 4.34g (17.37%), Folate: 50.37µg (12.59%), Iron: 2.12mg (11.79%), Vitamin B5: 1.16mg (11.63%), Phosphorus: 110.83mg (11.08%), Vitamin B3: 2.06mg (10.3%), Copper: 0.2mg (9.8%), Calcium: 97.33mg (9.73%), Zinc: 0.45mg (2.98%), Vitamin B2: 0.05mg (2.65%), Selenium: 1.69µg (2.41%)