



Sugar-and-Spice Acorn Squash



Vegetarian



Gluten Free



Low Fod Map

READY IN



10 min.

SERVINGS



8

CALORIES



155 kcal

SIDE DISH

Ingredients

- ☐ 4 pounds acorn squash
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 cup butter light melted
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

Equipment

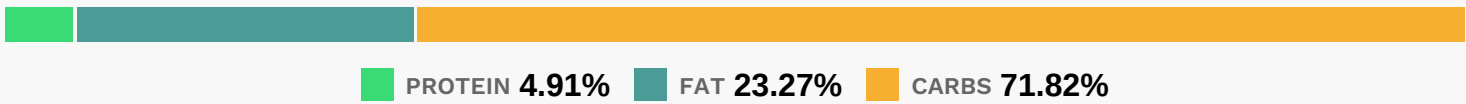
- ☐ baking sheet

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Cut each acorn squash into quarters lengthwise; remove and discard seeds and membranes.
- ☐ Sprinkle squash evenly with salt and pepper.
- ☐ Place, cut sides down, on an aluminum foil-lined baking sheet coated with cooking spray.
- ☐ Bake at 400 for 45 minutes or until squash is tender.
- ☐ Combine butter, brown sugar, and nutmeg. Turn squash, cut sides up, on baking sheet; sprinkle evenly with butter mixture.
- ☐ Bake 5 to 7 more minutes or until brown.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:0.02, Inflammation Score:-7, Nutrition Score:10.06913048936%

Nutrients (% of daily need)

Calories: 154.75kcal (7.74%), Fat: 4.38g (6.74%), Saturated Fat: 2.64g (16.49%), Carbohydrates: 30.45g (10.15%), Net Carbohydrates: 27.02g (9.82%), Sugar: 6.69g (7.43%), Cholesterol: 7.95mg (2.65%), Sodium: 84.12mg (3.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.16%), Vitamin C: 24.95mg (30.24%), Potassium: 802.52mg (22.93%), Vitamin B1: 0.32mg (21.24%), Manganese: 0.39mg (19.66%), Vitamin A: 960.1IU (19.2%), Magnesium: 73.79mg (18.45%), Vitamin B6: 0.35mg (17.66%), Fiber: 3.43g (13.72%), Folate: 38.76µg (9.69%), Iron: 1.73mg (9.59%), Vitamin B5: 0.92mg (9.17%), Phosphorus: 84.7mg (8.47%), Calcium: 84.59mg (8.46%), Vitamin B3: 1.6mg (7.99%), Copper: 0.15mg (7.61%), Zinc: 0.32mg (2.12%), Selenium: 1.3µg (1.85%), Vitamin B2: 0.03mg (1.65%)