



## Sugar-Baked Acorn Squash

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



77 kcal

SIDE DISH

### Ingredients

- 2.3 lb acorn squash seeded quartered
- 0.3 cup brown sugar light
- 8 servings salt and pepper

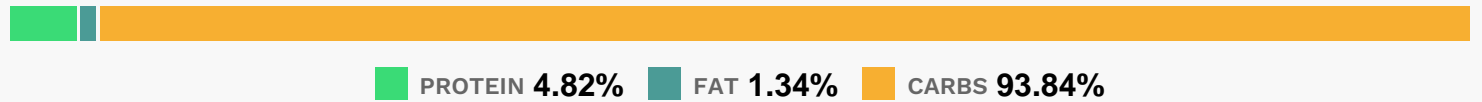
### Equipment

- frying pan
- oven
- baking pan
- aluminum foil

## Directions

- Preheat oven to 400F. Season squash with salt and pepper, arrange cut side up in a 9-by-13-inch baking pan, cover tightly with aluminum foil and bake until tender when pierced with a fork, 45 minutes.
- Sprinkle squash with brown sugar and bake, uncovered, for 20 minutes, or until edges are browned.
- Arrange squash on a serving platter; spoon any melted sugar from pan onto squash. (If sugar has hardened, add 1 Tbsp. water to loosen.)
- Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:5.524347776952%

## Nutrients (% of daily need)

Calories: 77.15kcal (3.86%), Fat: 0.13g (0.2%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 20.04g (6.68%), Net Carbohydrates: 18.12g (6.59%), Sugar: 6.67g (7.41%), Cholesterol: 0mg (0%), Sodium: 199.54mg (8.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.06%), Vitamin C: 14.03mg (17.01%), Potassium: 451.86mg (12.91%), Vitamin B1: 0.18mg (11.91%), Manganese: 0.22mg (10.9%), Magnesium: 41.45mg (10.36%), Vitamin B6: 0.2mg (9.96%), Vitamin A: 468.19IU (9.36%), Fiber: 1.91g (7.65%), Folate: 21.76µg (5.44%), Iron: 0.94mg (5.24%), Vitamin B5: 0.52mg (5.19%), Calcium: 47.93mg (4.79%), Phosphorus: 46.2mg (4.62%), Vitamin B3: 0.9mg (4.5%), Copper: 0.09mg (4.32%), Zinc: 0.17mg (1.12%), Selenium: 0.72µg (1.03%)