



Sweet Roasted Acorn Squash



Vegetarian



Gluten Free



Low Fod Map

READY IN



165 min.

SERVINGS



4

CALORIES



258 kcal

SIDE DISH

Ingredients

- ☐ 2 acorn squash seeds removed sliced in 1/2,
- ☐ 4 tablespoons butter
- ☐ 2 tablespoons cane sugar raw
- ☐ 4 tablespoons brown sugar dark
- ☐ 1 teaspoon ground nutmeg
- ☐ 4 servings salt

Equipment

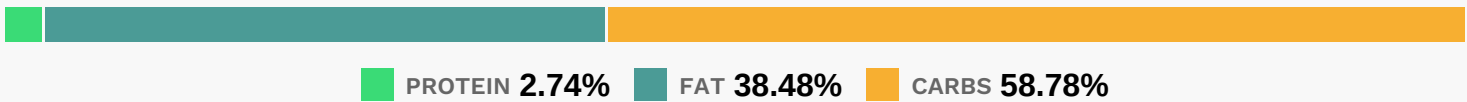
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 450 degrees F.
- ☐ Assemble acorn squash on a baking sheet.
- ☐ Place 1 tablespoon of butter and brown sugar in each half.
- ☐ Add 1/4 teaspoon of nutmeg in each and season with salt.
- ☐ Bake until golden and tender, about 1 hour to 1 hour 15 minutes, basting flesh of squash several times.
- ☐ Twenty minutes before the squash is done, sprinkle edges with raw sugar.
- ☐ Serve squash warm.

Nutrition Facts



Properties

Glycemic Index:47.52, Glycemic Load:4.29, Inflammation Score:-7, Nutrition Score:9.9808695407017%

Nutrients (% of daily need)

Calories: 257.9kcal (12.9%), Fat: 11.77g (18.11%), Saturated Fat: 7.37g (46.07%), Carbohydrates: 40.46g (13.49%), Net Carbohydrates: 37.12g (13.5%), Sugar: 17.78g (19.75%), Cholesterol: 30.1mg (10.03%), Sodium: 293.77mg (12.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.77%), Vitamin C: 23.72mg (28.75%), Vitamin A: 1141.26IU (22.83%), Potassium: 769.02mg (21.97%), Vitamin B1: 0.3mg (20.28%), Manganese: 0.38mg (19.14%), Magnesium: 71.24mg (17.81%), Vitamin B6: 0.34mg (16.9%), Fiber: 3.34g (13.35%), Folate: 37.56µg (9.39%), Iron: 1.62mg (8.98%), Vitamin B5: 0.89mg (8.93%), Calcium: 85.54mg (8.55%), Phosphorus: 82.49mg (8.25%), Vitamin B3: 1.53mg (7.67%), Copper: 0.15mg (7.57%), Vitamin E: 0.32mg (2.17%), Zinc: 0.31mg (2.05%), Selenium: 1.41µg (2.01%), Vitamin B2: 0.03mg (1.63%)