



HEALTH SCORE

52%

Zesty Italian Acorn Squash



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



190 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds acorn squash
- ☐ 14.5 ounce canned tomatoes undrained chopped canned
- ☐ 1 tablespoon basil fresh coarsely chopped
- ☐ 1 garlic clove minced
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup onion thinly sliced
- ☐ 1 orange rind
- ☐ 2 ounces part-skim mozzarella cheese shredded

☐ 0.5 teaspoon pepper freshly ground

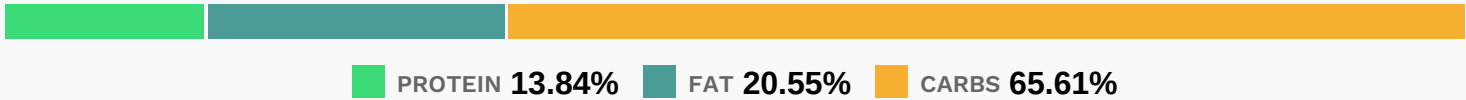
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Cut each squash crosswise into 4 (1-inch) rings; discard seeds and end pieces. Set squash aside.
- ☐ Combine onion, oil, and orange rind in a 13 x 9-inch baking dish; toss well.
- ☐ Bake at 400 for 15 minutes or until onion is golden. Discard orange rind. Arrange squash in dish, slightly overlapping the rings.
- ☐ Combine basil, pepper, garlic, and tomatoes; spoon over squash rings. Cover and bake at 400 for 30 minutes or until squash is tender. Top with cheese; bake, uncovered, an additional 5 minutes or until cheese melts.
- ☐ Garnish with basil sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:2.62, Inflammation Score:-8, Nutrition Score:17.499130322881%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 190.06kcal (9.5%), Fat: 4.81g (7.4%), Saturated Fat: 1.81g (11.32%), Carbohydrates: 34.56g (11.52%), Net Carbohydrates: 28.46g (10.35%), Sugar: 5.54g (6.16%), Cholesterol: 9.07mg (3.02%), Sodium: 231.33mg (10.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.29g (14.59%), Vitamin C: 40.29mg (48.83%), Potassium: 1143.38mg (32.67%), Manganese: 0.64mg (32.21%), Vitamin B6: 0.55mg (27.67%), Vitamin B1: 0.41mg (27.46%),

Magnesium: 99.98mg (25%), Fiber: 6.1g (24.4%), Calcium: 233.43mg (23.34%), Vitamin A: 1162.28IU (23.25%), Phosphorus: 188.41mg (18.84%), Copper: 0.36mg (17.85%), Iron: 3.08mg (17.14%), Vitamin B3: 2.92mg (14.61%), Folate: 58.3µg (14.57%), Vitamin B5: 1.25mg (12.52%), Vitamin E: 1.61mg (10.74%), Vitamin K: 9.45µg (9%), Vitamin B2: 0.13mg (7.58%), Zinc: 1.02mg (6.81%), Selenium: 4.04µg (5.77%), Vitamin B12: 0.12µg (1.94%)