

Sweet Roasted Acorn Squash

Gather & Share Magazine
Publix Aprons

Servings: 4

2 small acorn squash
4 tablespoons unsalted butter
1/4 cup brown sugar
1/4 teaspoon freshly grated nutmeg

Preheat the oven to 425 degrees.

Halve the squash lengthwise. Discard the seeds and strings. Arrange the halves, cut sides down, in a shallow baking dish. Cover with foil.

Bake for 30 minutes.

Turn the squash cut side up. Top each half with one tablespoon of butter and one tablespoon of brown sugar. Sprinkle with nutmeg.

Bake for 30 minutes more or until the squash is tender.

Scoop the flesh from the skin and serve.

Per Serving (excluding unknown items): 222 Calories; 12g Fat (44.3% calories from fat); 2g Protein; 31g Carbohydrate; 3g Dietary Fiber; 31mg Cholesterol; 12mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 1/2 Fat; 1/2 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	222	Vitamin B6 (mg):	.3mg
% Calories from Fat:	44.3%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	52.6%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	3.1%	Riboflavin B2 (mg):	trace
Total Fat (g):	12g	Folacin (mcg):	36mcg
Saturated Fat (g):	7g	Niacin (mg):	2mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0

Cholesterol (mg):	31mg
Carbohydrate (g):	31g
Dietary Fiber (g):	3g
Protein (g):	2g
Sodium (mg):	12mg
Potassium (mg):	783mg
Calcium (mg):	82mg
Iron (mg):	2mg
Zinc (mg):	trace
Vitamin C (mg):	24mg
Vitamin A (i.u.):	1166IU
Vitamin A (r.e.):	180RE

% Daily Values* 0 0%

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	1/2

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 222 Calories from Fat: 98

% Daily Values*

Total Fat 12g	18%
Saturated Fat 7g	36%
Cholesterol 31mg	10%
Sodium 12mg	0%
Total Carbohydrates 31g	10%
Dietary Fiber 3g	13%
Protein 2g	

Vitamin A	23%
Vitamin C	40%
Calcium	8%
Iron	9%

* Percent Daily Values are based on a 2000 calorie diet.