

Roasted Acorn Squash



Nutrition Facts

Serving Size 1 Serving (70g)
Serving Per Container: 1

Amount Per Serving

Calories 170 Calories from Fat 70

% Daily Values*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0

Polyunsaturated Fat 1g

Monounsaturated Fat 5g

Cholesterol less than 5 milligrams **0%**

Sodium 150mg **6%**

Total Carbohydrate 28g **9%**

Dietary Fiber 4g **16%**

Sugars 0g

Protein 2g

Vitamin A 20% • Vitamin C 50%

Calcium 10% • Iron 10%

Vitamin E 0% • Vitamin B6 0%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Salt Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrates 4 • Protein 4



Licking Memorial Hospital | Culinary Services

Roasted Acorn Squash (4 Side Portions)

Ingredients:

- 1 large acorn squash, halved & seeds removed
- 2 Tbsp olive oil
- Salt and pepper, to taste

Directions:

Preheat the oven to 375 degrees. Trim off the ends of the squash halves, and then cut into slices, using the natural curvature of the squash as a guide. Toss the squash slices with the olive oil, salt and pepper. Arrange in one layer on a large baking tray that has been lined with parchment paper. Roast for about 15 minutes, then carefully flip each slice over and return to the oven for an additional 15 minutes. Serve warm or room temperature.